

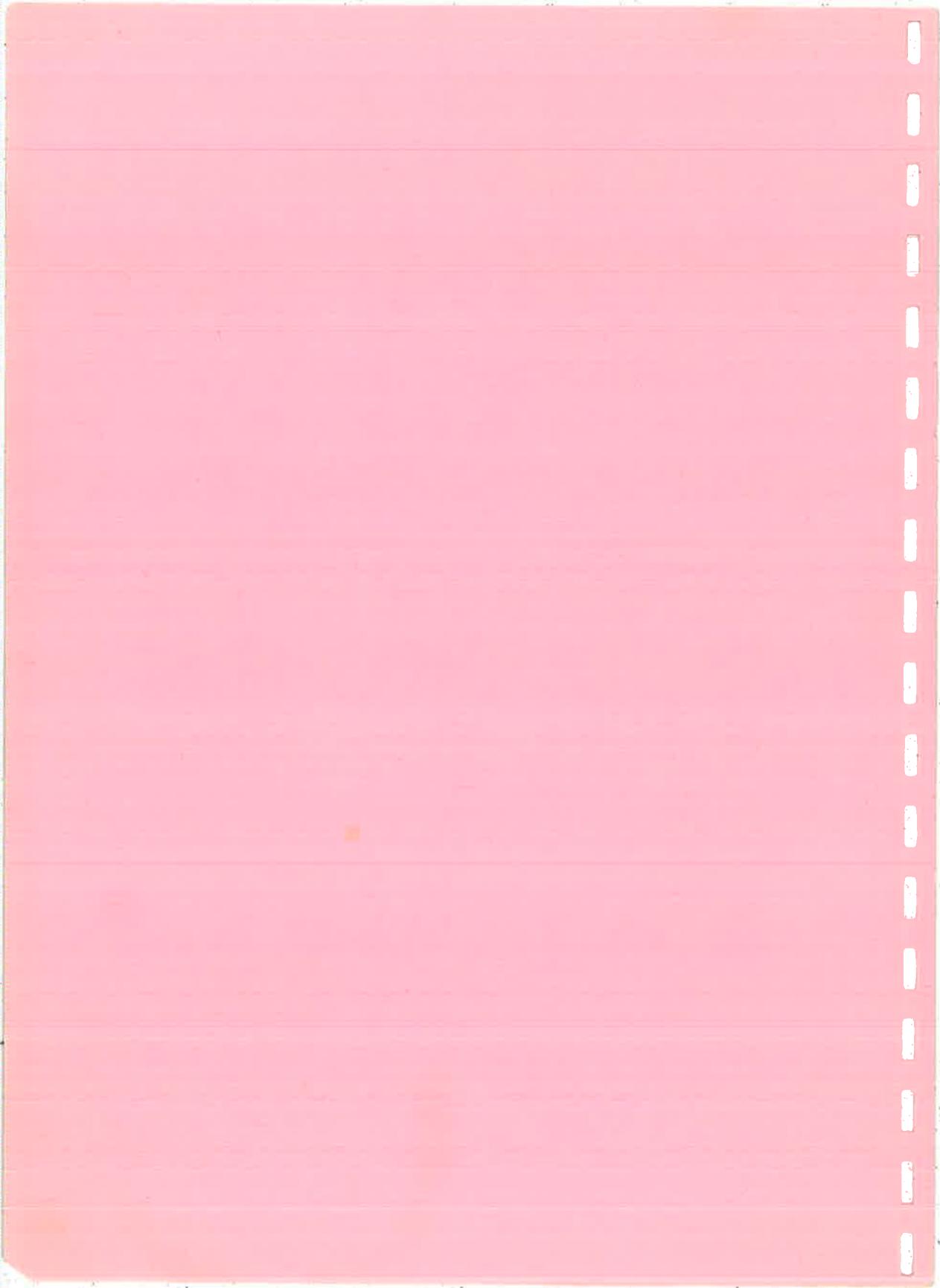
IDAHO WILD GAME COOKBOOK



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HOME SERVICE DEPARTMENT
INTERMOUNTAIN GAS COMPANY
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We at Intermountain Gas Company have named our lovable woods creature on the cover Minnie, the Moose. (She is off-limits to huntsmen at all times.)

In this Wild Game Cookbook, the Home Service Department has compiled recipes using game, and recipes of other foods which complement game. They were submitted by our Gas Company employees and friends. Wild animals, birds and fish are found in abundance in the Idaho forests, and they (including Moose other than Minnie) are available within legal limits from time to time.

Good hunting....and good cooking fun.... and good eating.....to you gourmets....who Cook With Gas.

Fran Hopper
Home Service Department

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SPECIAL RECIPES TO COMPLEMENT GAME

BIG GAME

BARBEQUED BEAR

This is for a young black bear.

Sauce:

$\frac{1}{4}$ C. vinegar	$\frac{1}{2}$ C. water
2 Tbsp. sugar	1 tsp. dry mustard
$\frac{1}{2}$ tsp. pepper	$1\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ tsp. garlic powder	1 Tbsp. lemon juice
1 onion, minced	$\frac{1}{4}$ C. salad oil
1 tsp. chili powder	$\frac{1}{2}$ C. catsup
5 squirts Tobasco sauce	
2 Tbsp. Worcestershire sauce	

Mix all except catsup and Worcestershire sauce. Simmer 20 minutes, uncovered. Add catsup and Worcestershire sauce and bring to a boil. Remove from heat.

Meanwhile, place bear roast in oven at 325°. Roast 3-4 hours or until tender: baste frequently with sauce.

Serve with baked potatoes, corn-on-the-cob, and crisp salad.

Mrs. Eva Rosa
Twin Falls, Idaho



BIG GAME

ELK-A-BOBS

Prepare meat into 2 inch squares (18), peel 12 small onions, and cut 2 bell peppers into 6 strips (lengthwise, like slender pie wedges).

Marinade: Mix together thoroughly, and let stand to cool.

3/4 C. Wesson or Mazola oil
2/3 C. catsup
1/2 tsp. salt
1/2 tsp. garlic salt
1/6 tsp. Cayenne pepper
1/2 C. apple vinegar
1 tsp. sugar
1/3 C. hot water

Thread first items onto skewers in this order; meat, onion, meat, pepper (folding the pepper into a round shape), meat, onion. Each skewer has 3 pieces of meat, 2 onions, and 1 pepper.

Marinate these for 3 hours, turning occasionally, so that they will be covered. Save the marinade for basting.

BIG GAME



ELK-A-BOBS

(Cont'd)

These may be broiled in foil wrapper, or cooked on an outside gas barbecue. If prepared for broiler, cover for first 10 minutes, so onions will partially cook, then expose to flame to brown and glaze.

If cooked on outside gas barbecue, elevate from fire so that onions will have more time to cook. Lower to desired position for browning and cooking the meat.

Cook to desired doneness. Be sure to baste occasionally.

Mrs. Sally Strong
Boise, Idaho



BIG GAME

ELK OR DEER HAMBURGER CASSEROLE (hamburger 'n beans topped with meat-filled biscuits)

1½ lbs. deer or elk hamburger
1 C. sliced celery
½ C. each: chopped onion - green pepper
¾ C. (6 oz. can) tomato paste
¾ C. water
1 tsp. each: salt and paprika
1 l-lb. can pork & beans, undrained
1 l-lb. can peas or lima beans, undrained

Biscuits:

2 tsp. double-acting baking powder
1½ C. sifted flour ½ tsp. salt
¾ C. milk ¼ C. butter
½ C. sliced pimento-stuffed olives

Saute in skillet: beef, celery, onion and green pepper (garlic if desired) until vegetables are tender; drain. Add water, tomato paste, salt and paprika. Reserve one cup for biscuits. Add beans and peas. Simmer.

BIG GAME



ELK OR DEER HAMBURGER CASSEROLE

(Cont'd)

For biscuits:

Sift flour with baking powder and salt, cut in butter until fine, add milk and stir until moist. Knead on floured surface 12 times. Roll to a 12-x 9-inch rectangle.

Combine olives, and reserved meat. Spread over dough. Roll up, starting with 12-inch side. Cut into 1-inch pieces. Place meat mixture in 12-x-8- or 11-inch round-baking dish, then top with pin-wheel biscuits.

Mrs. Ann Lloyd
Boise, Idaho



BIG GAME

ELK OR VENISON JERKY

Cut elk or venison into 3-inch square chunks as long as you can get them. Thread a string through one end and tie. Sprinkle each piece generously with peper.

Fill a five-gallon kettle with water adding 1 lb. of salt for each gallon of water. Place over a high flame and bring to a full rolling boil. When water has reached a rolling boil dip each piece of meat into the water and leave for a count of ten. Repeat twice. Brush the meat generously with prepared smoke and hang in a cool dry room until thoroughly dry, about a week or ten days. (If it is possible to hang the meat in the sun it only takes 3-4 days for it to dry.)

Jerky sliced tissue thin and mixed in a rich cream sauce is delicious over toast or hot biscuits.

Mr. Roy Wilbur
Boise, Idaho

BIG GAME



ELK MEAT LOAF

1½ lbs. elk hamburger
¼ lb. sausage
1 small onion, diced
1 tsp. salt
¾ tsp. pepper
Dash thyme, crushed
Dash garlic salt
½ tsp. poultry seasoning
2 Tbsp. Worcestershire sauce
1 egg
Cracker crumbs

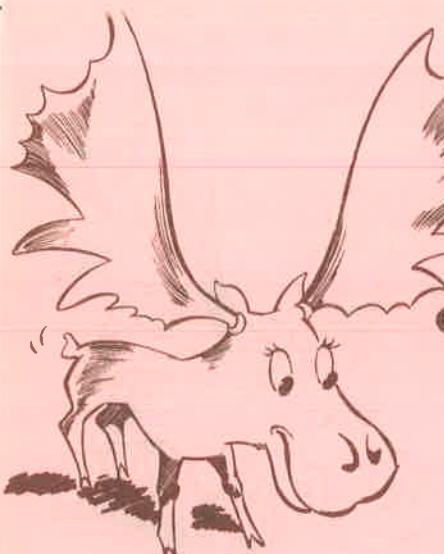
TOPPING

1 can cream of tomato soup
1 bouillon cube dissolved in soup
1 Tbsp. dehydrated onion
¼ can water

Mix first group of ingredients together.

Make into small individual loaves in a baking pan. Cover with sauce. Bake at 350° for 45 minutes to 1 hour.

Mrs. Laverne Young
Boise, Idaho



BIG GAME

SMOTHERED ELK STEAK (elk, venison or moose)

4 servings of elk steak
2 medium onions, chopped
Cooking oil
1 can cream of mushroom soup
1 can water
Salt & pepper
Flour

Trim all fat from steak; dredge in flour.
Pound flour into steak with pounder or
edge of heavy saucer. Add salt and pepper.

In a deep skillet, on low flame, brown
chopped onions in hot cooking oil. Remove
onion; brown steak in same skillet, in-
creasing flame. Return onion to skillet
and add soup and water. Simmer on low
flame for 1 hour.

This makes a lovely brown gravy, elegant on
mashed potatoes, boiled rice or hot bis-
cuits.

Mrs. Eva Rosa
Twin Falls, Idaho

BIG GAME

ELK STEAK 'N GRAVY

1 2½-3 lb. round steak
1 medium onion, sliced thin
1 bell pepper, sliced thin
1 C. flour
2 tsp. salt
1 tsp. pepper
½ C. cooking oil
1 can cream of mushroom soup

Slice onion and bell pepper in rings.
Brown lightly in oil, remove from heat
and drain.

Remove all fat and connective tissues:
Mix flour, salt and pepper and pound
into well-trimmed steak. Brown steak
on both sides in oil used for pepper and
onions. Pour off oil.

Place onion and pepper rings on top of
steak, then spread soup over all. Add
water to almost cover meat. Simmer for 2
hours, adding water as needed to keep meat
nearly submerged.

Mr. Dewayne Frost
Nampa, Idaho



BIG GAME

ELK A LA VIZCANYA

4 elk portions
1 clove garlic
 $\frac{1}{2}$ C. water

$\frac{1}{2}$ onion, diced
1 red pepper, diced

Take elk or deer meat, sliced to desired portions; bring to a boil in salted water; skim until water is clear.

Prepare a simmering kettle by putting in a small amount of cooking oil.

Add onion, garlic and red pepper and cook until brown and tender. Add meat and $\frac{1}{2}$ C. water and simmer for 15 minutes.

Serve with the following sauce:

$\frac{1}{2}$ C. ketchup	Dash of A-1 sauce
$\frac{1}{4}$ tsp. dry mustard	$\frac{1}{4}$ tsp. parsley flakes
$\frac{1}{2}$ tsp. salt	

Add enough water to these ingredients to fill 1 cup.

Mix well. Add to meat and simmer for $\frac{1}{2}$ hour (important to simmer slowly). Keep covered at all times.

Mrs. Carmen Subisarreta
Boise, Idaho

BIG GAME



MOOSE SWISS STEAK

Wipe with damp cloth 3 lbs. of two-inch steak.

Sift together:

3/4 C. flour	1/3 C. oil
1 tsp. dry mustard	1 C. water or
1 1/2 tsp. salt	1 C. Tomatoes juice
1/4 tsp. seasoned pepper	2 C. diced onion

Beat the flour mixture into steak with saucer or mallet until all is absorbed.

Brown steak in 1/3 C. oil. Rinse pan with 1 C. water and pour over steak and onions in casserole. (If preferred, tomatoes can be used in place of water.)

Bake in gas oven at 325°.

When done, arrange on platter and surround with a border of mashed potatoes. This will keep 4-6 hours in the KEEP WARM OVEN at 160°. Serves 6.

Mrs. Anna Williams
Mountain Home, Idaho



BIG GAME

JELLIED MOOSE NOSE

Cut upper jawbone of moose just below the eyes. Put in large kettle of scalding water and parboil 45 minutes. Remove and cool in cold water. Pick off hairs as you would feathers from a duck and wash thoroughly.

Put moose nose in fresh water with onion, a little garlic and pickling spices and boil gently until tender. Cool overnight in same juice.

In the morning, remove bone and cartilage. The bulb of the nose is white meat, and the thin strips along the bone and jowls is dark. Slice the meat thin, pack in jars or cans, and cover with the juice. This jells and when chilled, it can be sliced. Serve cold.

The meat of the nose may be pickled in vinegar if desired.

Mrs. Eva Rosa
Twin Falls, Idaho

BIG GAME



SWEET AND SOUR VENISON

2 C. venison cut in bite-size pieces
2 Tbsp. Kraft oil
1 4-oz. can sliced mushrooms
 $\frac{1}{2}$ green pepper, chopped
1 5-oz. can sliced water chestnuts
 $\frac{1}{4}$ C. chopped onion
1 C. Kraft south seas sauce
 $\frac{1}{4}$ C. water
2 Tbsp. soy sauce
Chow Mein noodles or steamed rice

Cut venison steak into bite-size cubes and cook in 2 Tbsp. oil until tender. Add vegetables and cook until crisp and tender (about 5 minutes). Add remaining ingredients: heat thoroughly.

Serve on rice or noodles.

Mrs. Harold Cook
Pocatello, Idaho



BIG GAME

VENISON CHOPS A LA CUMBERLAND

Salt, pepper and flour chops, then fry in skillet until light brown. Arrange in baking dish and put in gas keep-warm oven.

Sauce: Cook until sauce thickens, about 20-30 minutes.

1 small jar currant jelly
 $\frac{1}{4}$ C. Worcestershire sauce
 $\frac{1}{4}$ lb. butter
 $\frac{1}{2}$ C. sherry wine
3 slices lemon
3 slices orange

Pour sauce over chops and serve.

Mrs. Lody Anderson
Boise, Idaho



BIG GAME

VENISON, NEW CALEDONIA STYLE

2 lbs. venison steak, cut 3/8 inch thick	
4 Tbsp. each:	salad oil, vinegar, dry red wine
1 tsp. salt	1 tsp. pepper
1 bay leaf	1/4 tsp. thyme
1/3 C. finely chopped parsley	
1 C. (3-4oz.) sliced mushrooms	
3 Tbsp. flour	1 clove garlic crushed
3 Tbsp. bacon drippings	1/4 C. cold water
1 large onion, finely chopped.	

Trim fat from steaks, and cut into serving size pieces. Combine salad oil, vinegar, wine, salt, pepper, bay leaf, thyme, parsley and mushrooms, including mushroom liquid. Pour over meat and marinate for at least 2 days, turning occasionally. Remove from marinade and pat dry with paper towels.

Remove bay leaf and mushrooms from marinade. Add water to make 1 1/2 C.; also add garlic. Make flour and cold-water paste and stir into mixture to thicken. Simmer onions in 3 Tbsp. bacon drippings, then brown meat, add mushrooms and cover with thickened marinade. Simmer 45 minutes or until tender.

Mrs. Lou Hill
Boise, Idaho



BIG GAME

VENISON CASSEROLE

Saute in frying pan:

- 1 lb. venison hamburger
- 1 medium onion, chopped fine
- 1 C. green pepper, chopped fine
- 1 C. celery, chopped fine

When soft add:

- 1 can cream of chicken soup
- 1 can water
- 3/4 C. uncooked rice

Bring to a boil and pour into greased casserole. Cover casserole with foil.

Bake for one hour at 375°.

Mrs. Ethel M. Pope
Boise, Idaho

BIG GAME



BARBEQUED VENISON CHOPS

2 venison chops per person
1 C. catsup
 $\frac{1}{3}$ C. Worcestershire sauce
1 tsp. chili powder
1 tsp. salt
2 dashes Tobasco sauce

Marinate chops 4 hours in 1 C. pure olive oil and chopped garlic.

Drain chops and place in pyrex baking dish and add 4 Tbsp. of marinating oil.

Bake 30 minutes at 450° in open pan.

Make sauce of remaining ingredients and pour over chops.

Cover and bake 1½ hours at 350°.

Serves 8.

Mrs. Harold Cook
Pocatello, Idaho



BIG GAME

VENISON MEAT LOAF

1½ lbs. ground venison steak
½ lb. pork sausage
½ tsp. salt
½ tsp. poultry seasoning
1/8 tsp. pepper
1/8 tsp. onion salt
1½ C. fine bread crumbs
1 C. milk

Combine all ingredients and mix well.

Put in greased loaf pan. Bake 1½ hrs. at 350°.

This recipe also makes delicious meat balls.
Brown them, then simmer in tomato sauce.

Mrs. Jerry McCormick
Boise, Idaho

BIG GAME



VENISON PATTIES

1½ lbs. venison
½ lb. bacon
1 small onion
1 egg
1 tsp. salt
Dash pepper

Put the venison, bacon and onion through the food chopper.

Mix well, and add the egg and seasoning.

Form into cakes. Roll in flour and fry in frying pan with just enough fat to prevent burning.

Mrs. O'dell Randolph
Twin Falls, Idaho



BIG GAME

VENISON HAMBURGER SPICED

Grind together, using quite fine blade:

3 parts venison free from all fat and sinews
1 part beef suet

Add $\frac{1}{2}$ level tsp. ground nutmeg and $\frac{1}{8}$ tsp.
ground cloves per pound of meat mixture.

Form patties and fry or broil as you do
beef hamburgers.

Mrs. Virginia Smith
Boise, Idaho



BIG GAME



MINCEMEAT MADE WITH VENISON OR ELK MEAT

Cook meat until you can take it off the bone easily.

Use a three pint measuring bowl for the following measurements:

3 bowls chopped meat	
5 bowls chopped tart apples	
1 bowl chopped raisens	
3 bowls brown sugar	
1 bowl chopped candied citrus fruit	
1 bowl light molasses or dark Karo syrup	
$\frac{1}{4}$ bowl vinegar	$1\frac{1}{2}$ bowl cider
1 bowl chopped suet	2 Tbsp. nutmeg
2 Tbsp. cinnamon	$\frac{1}{4}$ Tbsp. cloves
1 Tbsp. black pepper	1 Tbsp. salt

Combine all ingredients. Cook slowly for one hour.

Add one pint cooking sherry or one-half pint brandy.

Seal in pint jars immediately.

Mrs. Roy Wilbur
Boise, Idaho



BIG GAME

VENISON MEAT BALLS (with variations)

BASIC MEAT-BALLS:

2 lbs. deerburger	½ C. soft bread
1 lb. country sausage	crumbs
1 pkg. dry onion soup	1 beaten egg
¾ C. canned milk	Salt & pepper
1½ tsp. ground nutmeg	Garlic (powder or
¼ tsp. ground cloves	bud)

Shape into balls: brown in butter.

VARIATIONS:

Tomato sauce:

2 Tbsp. wine vinegar	1 Tbsp. butter
1 Tbsp. Worcestershire	2 Tbsp. mustard
Garlic or garlic powder	1 can tomato soup
1 Tbsp. horseradish	¼ can water

Simmer meatballs in sauce about 30 minutes.
Serve with baked beans or rice.

Spaghetti:

Make Schilling spaghetti sauce according to directions. Add meatballs and simmer about 30 minutes, Serve with spaghetti.

BIG GAME



VENISON MEAT BALLS

(Cont'd)

Stroganoff:

1 Tbsp. butter	1 tsp. steak sauce
1 can drained sliced mushrooms	1 can consomme
2 Tbsp. flour	1 Tbsp. dried
$\frac{1}{2}$ C. sour cream	parsley

Except sour cream, combine ingredients in skillet using white sauce technique. Add meat balls and simmer about 30 minutes. Remove meatballs to platter. Add cream to skillet mixture. Add more seasoning if necessary. Pour over meat balls and serve with noodles.

Meatloaf:

Same recipe as above makes a good meat-loaf, layered with cheese slices and topped with tomato sauce.

Mrs. Martin E. Hill
Idaho Falls, Idaho



BIG GAME

BARBEQUED VENISON STEAK

2 lbs. venison steak 2 tsp. salt
3 Tbsp. cooking oil $\frac{1}{2}$ tsp. pepper
Flour

Barbeque Sauce:

3 Tbsp. Worcestershire sauce
2 Tbsp. sugar
2 Tbsp. vinegar
4-5 drops Tobasco sauce

Dredge steak in flour; salt and pepper and brown in skillet.

Place in baking dish and cover with barbeque sauce and bake 20 minutes.

Mrs. Dan Jones
Payette, Idaho



BIG GAME

FRIED VENISON STEAK

Venison steak

Salt & pepper

Wheat flour or cracker meal

½ C. oil

2 Tbsp. flour

1 C. boiling water

1 Tbsp. currant jelly

Rub the steak with a mixture of salt and pepper; dip in wheat flour or cracker meal and fry to a rich brown on both sides in ½ C. hot oil. Place on a dish in keep-warm oven.

Sift 2 Tbsp. flour into the fat in pan and stir until brown, but not burned. Add a cup of boiling water with 1 Tbsp. currant jelly and stir a few minutes.

Strain the gravy and pour it over the meat and serve.

Mrs. Dan Jones
Payette, Idaho



BIG GAME

VENISON SUPREME

2 lbs. venison, cut into serving pieces.
Add salt and pepper, dredge in flour and brown in hot fat.

Remove meat from skillet and place in small covered roaster (without fat).
Add $\frac{3}{4}$ C. red cooking wine, cover and refrigerate for 3-4 hours.

When ready to bake, add $\frac{1}{2}$ C. water or wine, bake in 225° oven until tender, about 3 hours. Remove meat, thicken broth for gravy and add salt and pepper to taste.

Note: While the meat is baking, bake potatoes. These are delicious made into whipped potatoes with salt, pepper and hot milk, beaten together in a large bowl.

Mrs. Harold Reitz
Payette, Idaho

BIG GAME



SWEET AND SOUR MOOSE

2 lbs. moose, cut in 2-inch cubes
2 C. water
2 tsp. salt
8 whole cloves
8 whole allspice
1 cinnamon stick, broken in small pieces
1 Tbsp. sugar
1 Tbsp. shortening
 $\frac{1}{4}$ C. flour
 $\frac{1}{2}$ C. vinegar
1 medium sized onion, chopped

Simmer meat in water seasoned with salt, spices and sugar until tender, about $1\frac{1}{2}$ hours. While meat is cooking, spread flour in shallow pan, brown in a 350° oven for 10 minutes.

Melt shortening, blend in flour until smooth. Drain stock from meat; stir it into flour mixture along with vinegar. Stirring, cook until smooth and thick. Pour gravy over meat, add onion, and simmer for 30 minutes. Serves 6.

Mr. Robert Hodge
Boise, Idaho



BIG GAME

VENISON STROGANOFF (elk, antelope or moose)

½ C. chopped celery or green pepper	2 Tbsp. flour
½ C. minced onion	¼ tsp. paprika
¼ tsp. monosodium glutamate	¼ C. butter or margarine
1 lb. ground or cubed venison	1-8 oz. can mushrooms
1 clove garlic, minced	¼ tsp. pepper
1 can undiluted cream of chicken soup	2 Tbsp. salt
	1 C. sour cream

Saute onion and celery or green pepper in melted butter until soft, but not brown.

Trim all fat off meat. (For a more flavorful, tender venison place in oil-vinegar marinade before cooking.)

Stir in ground venison and next ingredients, (garlic, salt, pepper, flour, paprika, monosodium glutamate and mushrooms). Saute 5 minutes. Add soup. Simmer uncovered 1 minute, then cover and simmer an additional 20 minutes.

Stir in sour cream (room temperature) and sprinkle with parsley, chives or other garnish. Serve on piping hot noodles, rice, potatoes or toast.

BIG GAME



VENISON STROGONOFF

(Cont'd)

Note: If using venison cubes: Saute onions and celery or green pepper as above and remove from pan. Dredge venison in flour and brown slowly and thoroughly. Add seasoning and soup. Thin as desired. Cover and simmer slowly for 1 hour. Add mushrooms, onions and celery or green peppers and simmer until tender. Complete recipe as given above.

Mrs. Alzada M. Hanson
Pocatello, Idaho



BIG GAME

VENISON STEW WITH PARSLEY DUMPLINGS (for venison, elk or moose)

Cut meat into 1½-inch cubes, flour and saute over a high flame in hot oil until well-browned. Put this in a pressure sauce pan, add salt and pepper, 6 medium carrots, 4 onions quartered, 4 potatoes quartered, several sprigs parsley chopped, and enough water to cover all.

Boil in open pan for 35 minutes or pressure at 15 lbs. for 8 minutes. Remove from flame and cool.

Dumplings:

Roll out as for biscuits on floured board.
Cut in strips.

2 C. Bisquick	2 eggs
½ C. milk	

2 Tbsp. chopped fresh parsley or 1 Tbsp.
dried parsley flakes.

BIG GAME



VENISON STEW WITH PARSLEY DUMPLINGS
(for venison, elk or moose)

(Cont'd)

Return cooker to flame, a very low flame, until it is just simmering. Place dumplings on top of simmering stew, cover and simmer 15 minutes.

Take up the dumplings with a slotted spoon, place in serving dish. Thicken gravy with corn starch or flour mixed to a thin batter with a little water.

Mrs. Eva Rosa
Twin Falls, Idaho





BIG GAME

SWISS VENISON

4 venison chops or 2 rounds

Salt and pepper

Flour

4 Tbsp. cooking oil

1 large Bermuda onion, sliced

1 can tomatoes

1 can water

Salt, pepper and flour the chops or steak.
Brown both sides in cooking oil. Add
onion slices, tomatoes and water.

Simmer about 45 minutes.

Serve with rice.

Mrs. Clyde Metcalf
Twin Falls, Idaho



BIG GAME

HUNGARIAN GOULASH (with venison or elk)

2 lbs. of good stew meat, marbled with fat	
Paprika, salt, pepper	2 small onions
3 medium carrots	½ C. catsup
1 small can peas	2 medium potatoes

Chop onions and cook until soft. Sear meat in onions. Add about one heaping teaspoon paprika, and season to taste with salt and pepper. Dilute half cup of catsup with warm water of equal amount (making one cup in all), and add to meat. (This should just about cover the meat--if not, make similar mixture of additional catsup and water.) Then clean and chop carrots and add to mixture. After bringing to boil, let simmer for 2 hours. (This process can be speeded up by use of a pressure cooker, using same amount of time as any stew). After meat has cooked an hour, clean potatoes and cut into small cubes, adding to stew, and continue cooking for another hour or until meat is tender. Add peas and bring to a boil.

Mr. Sandor Klein
Boise, Idaho



BIRDS



CHUCKAR

4 chuckars, cleaned and soaked in salt water. 4 strips of bacon

Dressing:

4 C. bread crumbs
4 Tbsp. poultry seasoning or mixed herbs
 $\frac{1}{4}$ tsp. pepper
 $1\frac{1}{2}$ tsp. salt
1 medium sized onion, chopped
1 C. chopped celery
2 eggs, slightly beaten
 $\frac{1}{2}$ can mushroom soup
 $\frac{1}{2}$ C. milk

Mix bread with seasonings: add onion, celery, beaten eggs, mushroom soup and milk. Mix well.

Fill body and breast of bird, putting sufficient in the latter to give bird a plump appearance. Cover each breast with a strip of bacon, which may be removed 5 minutes before serving.

Roast in moderate oven, 350°, for 45 minutes to 1 hour.

Serve with tart jelly and a tossed green salad.

Mrs. Robert Turner
Payette, Idaho



MORNING DOVES

(These tiny birds are difficult to shoot, but if you're lucky enough to bag some to cook, they will be so tasty that each person can eat four.)

Grease birds which are very small with Crisco or Mazola (butter burns), adding salt and pepper.

Chop green pepper, onion and celery very fine with a knife-----do not grind. Use one tablespoonful of the mixture for each bird.

Pre-heat broiler for 10 minutes.

Place doves in a shallow pan and broil for 10 minutes.

Remove from broiler and place in oven, reducing heat to 500° to bake for 5 minutes more. Never cover.

Lift birds up and drain juice from inside before serving.

Mrs. Bob Campbell
Boise, Idaho



STRIP-FILLET DUCK HOR D'OEUVRES

Cut raw duck into finger-length strips.

Fry quickly in a lot of butter at low-fry, taking care not to burn.

Cook quickly for 5-7 minutes, then add Worcestershire sauce and dry red wine.

Hold on low setting for a few minutes.

Serve piping hot on toothpicks as hor d'oeurves.

Mrs. Louise Jones
Boise, Idaho





BIRDS

LEFT OVER DUCK HOR D'OEURVES

Slice breast meat in thin slices. (Smoked duck is very good.)

Arrange on platter around 2 small bowls.

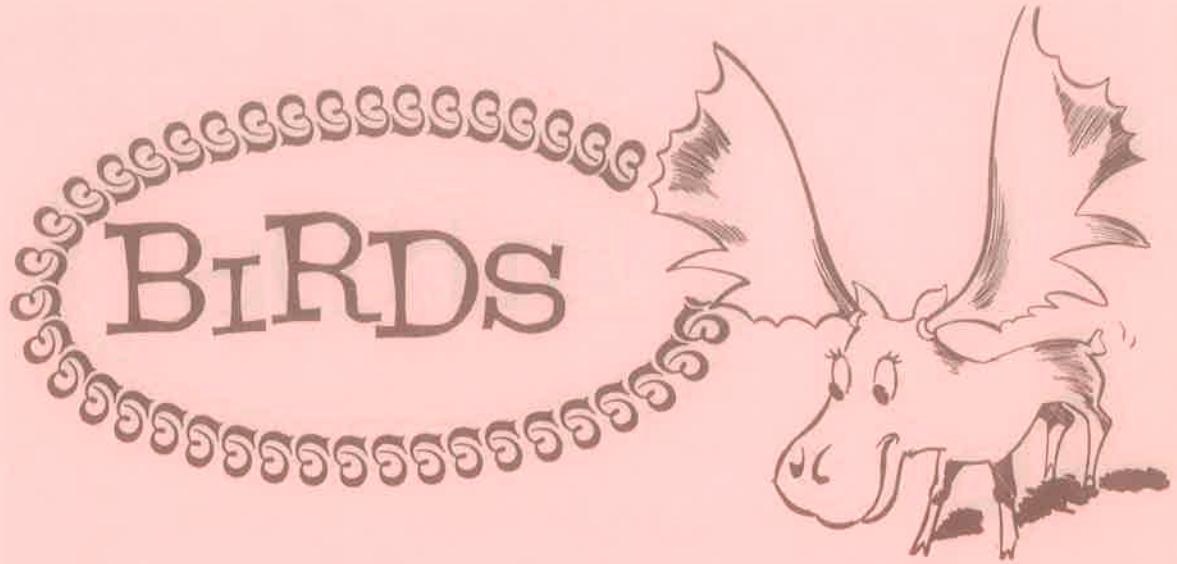
1 bowl: hot mustard and soy sauce mixed in equal amounts.

2 bowl: toasted sesame seeds.

Note: To toast sesame seeds, spread seeds in flat pan and add butter. Slide under gas broiler, but watch carefully and stir very frequently.

Guests then dip the sliced meat into the mustard-soy liquid, then into the sesame seeds.

Mrs. Fran Hopper
Boise, Idaho



LEFT OVER DUCK

2 C. chopped duck (fairly large chunks)	
$\frac{1}{4}$ C. chpped onion	$\frac{1}{4}$ C. chopped celery
$\frac{1}{4}$ C. sliced mushrooms	2 Tbsp. Sherry
1 can cream of mushroom soup	
1/16 tsp. marjoram	1/16 tsp. thyme
1 stick rosemary, broken	2 Tbsp. butter

Saute onions, celery and mushrooms until light brown in 2 Tbsp. butter. Add soup and sherry. Crush seasonings in palm of hand and sprinkle into mixture.

Add duck chunks, and cook about 20 minutes at simmer setting of gas range. Serve on Melba toast rounds, chow mein noodles or fluffy rice.

Mrs. Rudy Anderson
Boise, Idaho



BAKED DUCK

3 birds, preferably Mallards.

Combine and boil until soupy:

1 green pepper, chopped fine
1 large onion, chopped fine
1 medium carrot, grated
1 clove garlic, crushed
2 C. water

~~2 eggs~~

Rub ducks with salt and pepper. Stuff duck cavities with sliced apples.

Pour above mixture, plus 2 cans mushrooms with juice over the ducks.

Bake for 4 hours in a slow oven set at 225°, basting every half hour.

Serve with wild rice.

Mrs. Berneeta Forstner
Boise, Idaho



DUCK FILLET

Fillet breasts of duck.

Marinate over-night in the following:

- 1 Tbsp. oil
- 2 Tbsp. soy sauce
- 2 Tbsp. whiskey

Pre-heat gas broiler for 10 minutes.

Broil fillets 5 minutes on each side.

Mrs. Bernice Fletcher
Boise, Idaho





BIRDS

DUCK FILLET

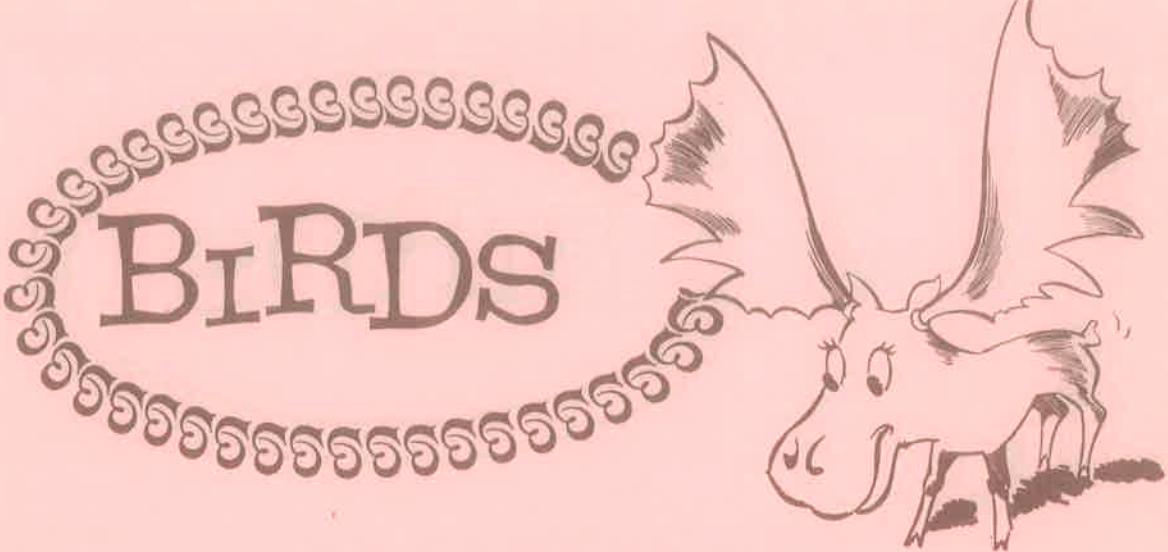
Fillet breasts of duck. Marinate over night in the following:

3 Tbsp. wine vinegar	1 Tbsp. oil
2 lemons, thinly sliced	1 Tbsp. soy sauce
1 orange, thinly sliced	1 tsp. sugar

Crush in palm of hand before adding:
1/16 tsp. marjoram, 1/16 tsp. thyme and 1 rosemary leaf.

When ready to cook, heat pan first, then add duck without adding additional oil, since all the marinade should be poured in with the duck. When brown turn to simmer and allow to cook 25 minutes.

Mrs. Lody Anderson
Boise, Idaho



QUICK DUCK

Chop with knife (do not use food grinder)
green pepper, onion and celery.

Grease duck with Crisco or Mazola (butter
burns), then stuff lightly with the above
vegetables.

Pre-heat broiler 15 minutes. Place duck
on broiler pan and broil at high-broil
setting for 15 minutes.

Turn oven to 500° and place broiler pan
in oven and bake:

5 minutes for very rare duck
6-7 minutes for pink duck
8-10 minutes for well done duck

Never cover birds as steam makes them
tough.

Mrs. Bob Campbell
Boise, Idaho



CURRIED WILD DUCK WITH RICE

Fillet breast and cut off legs of ducks.
Dredge in flour and brown in shortening.

Add:

1 small onion minced	$\frac{1}{4}$ tsp. curry powder
$\frac{3}{4}$ C. minced celery	1 can water
1 can mushroom soup	1 small garlic clove, crushed

Sprinkle the above mixture over the pieces of duck in casserole dish and bake 1 hour at 350°, then reduce heat to 325° and allow to bake an additional 2 hours. Turn occasionally and add more water if indicated.

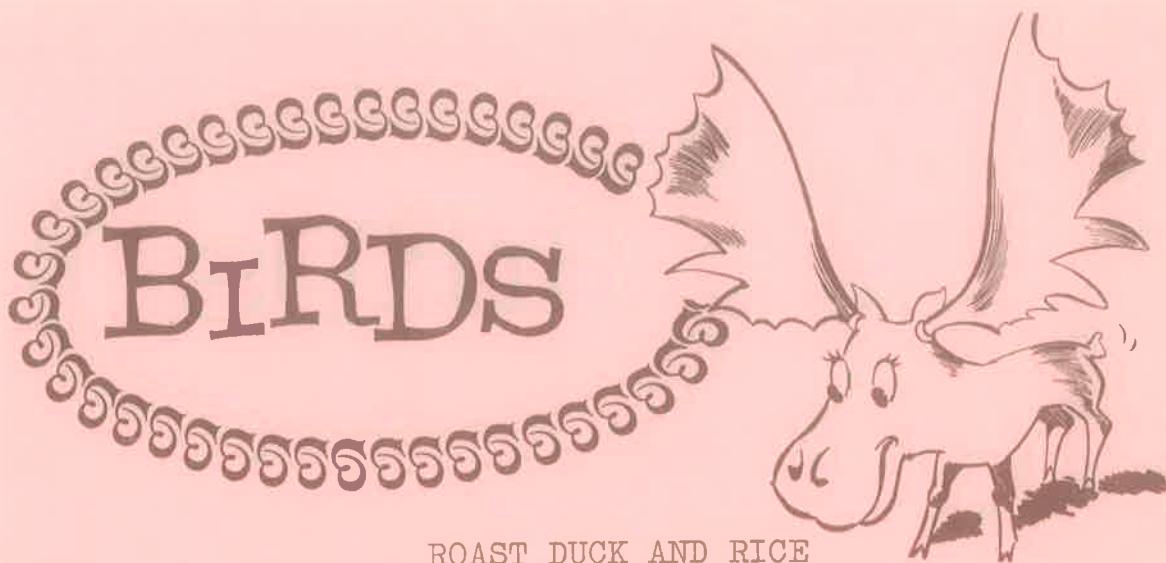
Serve on steamed rice.

Small dishes of the following condiments add interest to this dish:

crushed peanuts	raisens or chopped
grated coconut	dates
chutney	chopped candied
grated orange rind	ginger
chopped green pepper	

Each person can sprinkle on top of his rice and curry the ones he prefers.

Mrs. Dennie Young
Boise, Idaho



BIRDS

ROAST DUCK AND RICE

4 ducks $\frac{1}{4}$ C. butter
1 C. wild rice (washed and soaked 2-3 hours)
1 C. regular long-grain rice (washed)
2 cans consomme + 1 can water
1 med. onion, chopped 1 med. apple, chopped
5 stalks celery, chopped

Broil the cleaned ducks about 3 minutes on each side. Stuff ducks with slices of apple, onion and celery. Sprinkle with salt and pepper and place in deep roasting pan.

Saute onion and celery in butter until light brown, and add to rice which has been soaked and washed and drained. Mix water and consomme in large bowl and add rice mixture. Stir, then spoon rice over top of ducks. Pour remaining liquid into roasting pan and cover and bake at 225° 2-3 hours or until duck is tender. Baste every 30 minutes and add more liquid if needed.

Remove ducks and throw away the stuffing. Cut ducks into half and arrange them on a platter with orange slices or a garnish.

Spoon rice into serving bowl to serve.
Serves 8.

Mrs. Wanek Stein
Boise, Idaho



BIRDS

DUCK ON RICE

3 ducks...Pressure cook in $\frac{1}{2}$ C. water until done enough to pull off the bones. Strain broth.

Saute: 2 C. diced onion
1 $\frac{1}{2}$ C. diced celery
1 cube margarine

Add: 2 cans mushroom soup, diluted with strained broth.

Add duck and season to taste with salt, pepper and garlic salt (or a dash of garlic and smoked hickory salt.) Simmer 1 $\frac{1}{2}$ -2 hours, at 225°. If it cooks down too much, add more broth. If thin, use cornstarch to thicken. Serve on fluffy rice. Serves 6.

NOTE: This is an original recipe. If ducks sit in freezer long enough that the fat smells rancid when cooked, discard broth and use milk with the soup instead.

Mrs. Thelma M. Grubb
Twin Falls, Idaho



BIRDS

MANDARIN MALLARD

(Of course, any Idaho duck will taste delicious using the following recipe, but Mallards are undoubtedly the best.)

Cut the breast and leg meat off the bird and dice to bite-size pieces.

1 can concentrated orange juice
2 cans water
1 medium onion, finely chopped
 $\frac{1}{4}$ C. soy sauce

Place the onion in a frying pan with a little butter, simmer until soft, then add the orange juice, water and soy sauce.

Be sure the temperature is just at the simmer point of 200° (set the thermal-eye burner on the gas range to 200° and be sure), and place the pieces of duck in the mixture for 45 minutes.

Serve over rice, and sprinkle with coconut and chopped almonds.

Mrs. Bert Smith
Boise, Idaho



BIRDS

ROAST WILD DUCK AND MASHED POTATO STUFFING

1 dressed duck (2½-3 lbs)	2 tsp. salt
Giblets, cut in pieces	¼ C. milk
½ C. diced celery	¼ tsp. pepper
6 med. potatoes (1¼ lbs)	1½ C. milk (for
1 Tbsp. finely chopped onion	gravy)
3 Tbsp. butter or margarine	

Clean duck and rub 1 Tbsp. baking soda into skin, then rinse well inside and out with warm water. Drain thoroughly, sprinkle inside and out with salt and pepper.

Pare potatoes and boil in barely enough salted water to cover until done. Drain and mash. While potatoes are cooking, saute celery, onion and cleaned giblets in butter until light brown. Add milk, cover and simmer at 225° for 10 minutes. Add water, if necessary, to prevent scorching. Mix together mashed potatoes and sauted gilet mixture thoroughly. Fold in parsley and season with salt and pepper to taste. Pile dressing into duck cavity and truss. Place in covered roaster and bake in 325° oven 1½-2 hours. Uncover and brown on all sides at same temperature. Skim off excess fat and stir in 1½ C. milk for gravy. Heat to low boil. Serve with duck and dressing.

Mrs. John Hussman
Weiser, Idaho



WILD DUCK WITH SAUERKRAUT DRESSING

Soak duck overnight or at least several hours in salt water.

Stuff duck with mashed potatoes and sauerkraut in equal proportions.

Rub butter over duck and roast in a gas oven at 350° for $2\frac{1}{2}$ hours with a strip of bacon across the breast.

Your gas oven thermostat will keep your oven at exactly the right temperature; and your gas timer will turn the oven off when the duck is properly cooked.

Note: See Tasty Dishes To Accompany Game for Mr. Ray Meyer's sauerkraut recipe. This is the secret to the success of the above recipe.

Mrs. Ethel Meyer
Boise, Idaho



DUCK WITH SAUSAGE DRESSING

For each duck stuff with the following mixture:

$\frac{1}{4}$ lb. pork sausage	2 C. cooked rice
1 C. chopped celery	2 tsp. sage
1 medium onion, chopped	Salt & pepper

Stuff duck and brown in roaster on all sides until very brown.

Add 1 cup of dry red wine and roast at 325°. When partly done turn duck over and add 1 more cup of wine and cook until tender.

Garnish with orange slices.

Mr. Lou Hill
Boise, Idaho

BIRDS



SMOTHERED WILD DUCK

Clean ducks and cut into serving pieces. Rub each piece with salt, pepper and paprika. Brown slowly in hot bacon fat or Crisco, then place in roasting pan.

For each duck chop the following amounts:

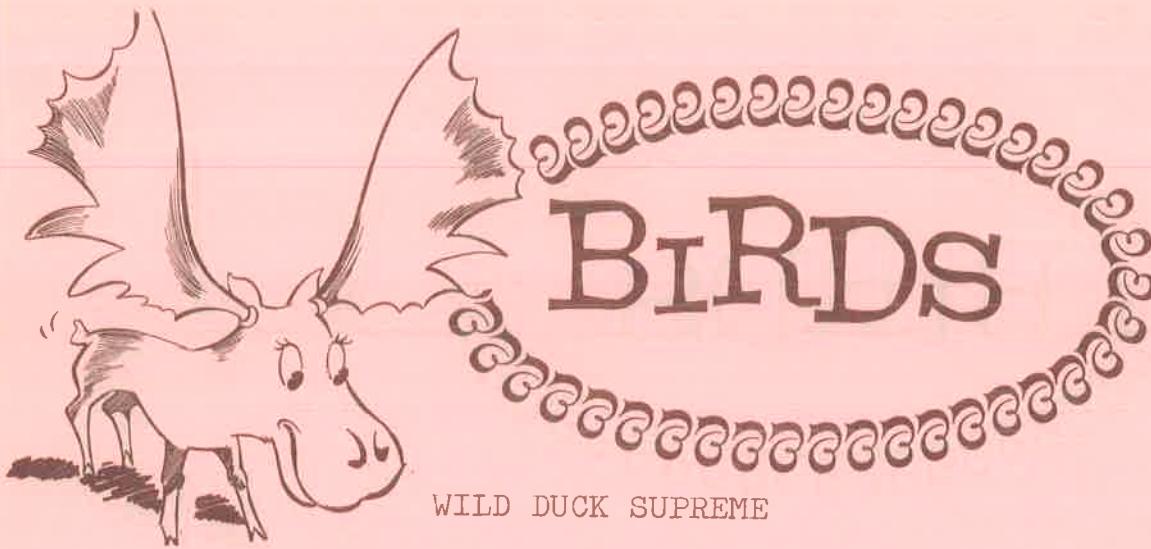
1 C. celery	$\frac{1}{2}$ C. green pepper
$\frac{1}{2}$ C. onion	1 C water
1 tsp. Worcestershire sauce	
$\frac{1}{4}$ tsp. Lawry's Seasoned Salt	
Salt and pepper	

Cover the duck pieces with the above mixture and bake in 375° gas oven for 1 hour.

Add $\frac{1}{2}$ C. sherry wine and $\frac{1}{2}$ C. water and bake an additional half hour, or until duck is tender.

Serve with wild rice, or a mixture of wild and white rice.

Mrs. Guy Tarleton
Boise, Idaho



WILD DUCK SUPREME

2 wild ducks (may be skinned to simplify cleaning)

Cut ducks into serving pieces and soak in cold water half an hour.

Remove from water and dry with paper toweling.

Salt and pepper and dredge in flour, then brown in hot fat.

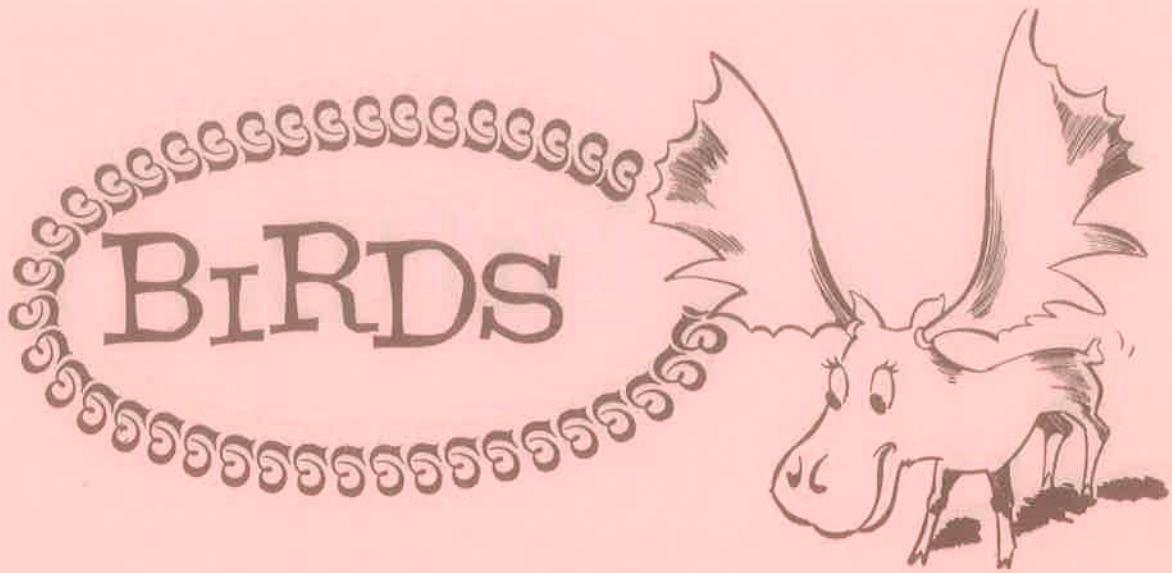
Remove from skillet, place in small covered roaster and add $\frac{3}{4}$ C. red cooking wine.
Cover and place in refrigerator for at least 3-4 hours.

When ready to bake, add $\frac{1}{2}$ C. more liquid (water or wine) and bake in slow oven, 225°, until tender.

Thicken broth with arrowroot and pour over dressing.

Serve HOT, on a platter around a mound of dressing. (I make mine in the top of my double boiler, first greasing the pan well and covering with aluminum foil to prevent drying.)

Mrs. Harold Reitz
Payette, Idaho



BIRDS

BARBEQUED WILD GOOSE

Prepare goose as for baking. Salt goose inside and out and place on a broiler pan.

Prepare Hot Barbeque Sauce as follows:

2 C. tomato sauce
1 large onion, diced
 $\frac{1}{2}$ tsp. red pepper
1 Tbsp. Worcestershire sauce
 $\frac{1}{2}$ C. catsup
3 large garlic cloves, crushed
1 Tbsp. vinegar
Salt and pepper

Saute onion and garlic in small amount of cooking oil. Add remaining ingredients and simmer 1 hour.

Baste goose inside and out with sauce.

Cover with foil and place in roasting pan. Cook about 8 hours at 275°. Keep goose well basted with sauce.

Mrs. O'dell Randolph
Twin Falls, Idaho



BIRDS

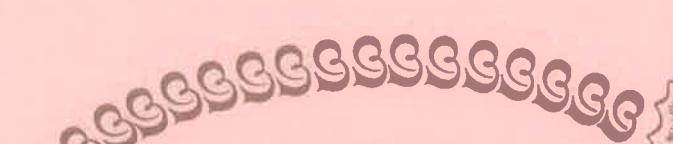
ROAST GOOSE

1 goose	Salt and pepper
Seasoned salt, or celery salt	
Enough salt pork strips to cover breast	
Stuffing:	Liquid:
1½ C. bread crumbs	1 can consomme
¼ C. onion, chopped	1 can water
¼ C. celery, chopped	2-3 sprigs of parsley
1 tart apple, chopped	1 stalk of celery
½ lb. sausage	1 carrot, thinly sliced
¼ tsp. thyme	1 bay leaf
½ tsp. salt	1 Tbsp. corn starch
¼ tsp. coarse ground pepper	
2 Tbsp. butter	2 Tbsp. cold water
½ C. white wine	

Clean the bird, then sprinkle cavity and outside with salt, and seasoned salt or celery salt. Prick skin with a fork so fat will cook out of bird.

For stuffing, saute onion and celery in 2 Tbsp. butter, then mix these with other ingredients. Fill cavity of bird, and tie legs and wings to body of bird.

Place goose on a rack in roasting pan, breast side up, and cover with slices of fat salt pork. Sprinkle with pepper.



BIRDS



ROAST GOOSE

(Cont'd)

In roasting pan, add 1 can consomme diluted with 1 can of water, then, parsley, celery, bay leaf and thinly sliced carrot. Baste bird every half hour. Later strain the gravy and thicken with 1 Tbsp. corn starch mixed with 2 Tbsp. cold water. (Add more corn starch if needed.)

Giblets and neck may be simmered in a saucepan with 1 small onion, a few celery leaves, $\frac{1}{2}$ tsp. salt and pepper to taste. Cover with cold water and simmer gently for 1 hour. Add liver to broth and continue to cook for another 30 minutes. Strain the broth, reserving it to add to the gravy, and chop the giblets in small pieces. When goose is done, add this liquid and giblets to liquid in pan, then add corn starch mixture to thicken.

Roast bird for 20 minutes at 400°, then lower temperature to 300° and continue roasting, allowing 20 minutes per pound.

Mrs. Fran Hopper
Boise, Idaho



CABBAGE ROLL-PARTRIDGE

4 partridges	Salt and pepper
4 C. shredded cabbage	4 slices bacon
16 large cabbage leaves	(cut in small
2 Tbsp. butter	pieces & fried)
4 carrots, sliced very thin	
1 C. chicken broth	1/4 tsp. crushed
1/2 tsp. crushed tarragon	thyme
1/4 tsp. caraway seed	
Salt and pepper, to taste	

Sprinkle partridges inside and out with salt and pepper.

Combine shredded cabbage, caraway seed and crisp bacon. Spoon a fourth of the mixture into the cavity of each bird. Wrap each with 4 cabbage leaves and fasten with string.

Place in a large skillet: add butter, chicken broth and remaining ingredients.

Bring liquid to a boil. Reduce heat, cover and simmer 25-30 minutes or until tender.

Remove string and cabbage leaves. Serve with sauce in pan, buttered noodles and spiced crabapples.

Mr. Ron Russell
Nampa, Idaho

BIRDS

GROUSE, PHEASANT, OR SAGEHEN DOAR

Cook game bird until tender. Remove meat from bones and set aside.

Dressing:

2 Tbsp. minced onion	$\frac{1}{4}$ tsp. sage
$\frac{1}{2}$ tsp. celery salt	$\frac{1}{8}$ tsp. pepper
6 Tbsp. melted butter	$\frac{1}{2}$ tsp. salt
3-4 C. bread crumbs	

Mix well and place in bottom of shallow dish. Arrange pieces of bird over dressing.

Custard:

$\frac{1}{2}$ C. butter	3-4 C. chicken broth
$\frac{1}{2}$ C. Wondra flour	6 eggs

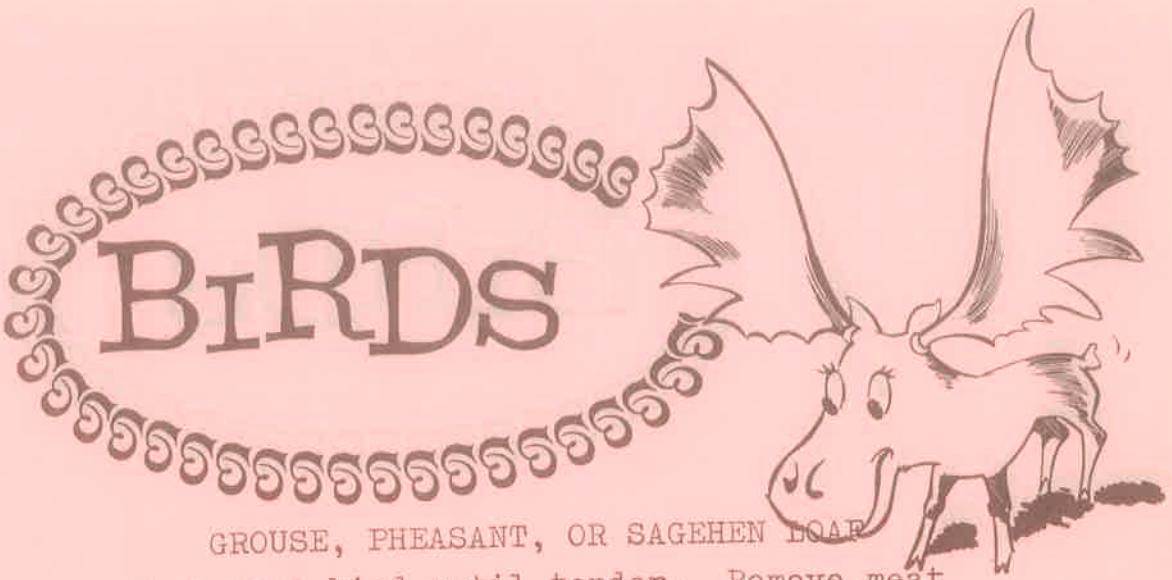
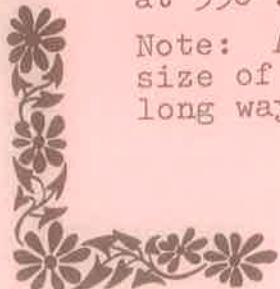
Melt butter, add flour, and blend in three to four cups broth (if no broth, use canned chicken broth or bouillon cubes).

Cook until slightly thickened, and add six beaten eggs. Cook slowly about 3 minutes more.

Pour custard over game and dressing. Sprinkle top with buttered bread crumbs, or wheaties, or crushed potato chips. Bake about 1 hour, at 350°.

Note: Adjust amounts in recipe according to size of bird. A little bird can go quite a long way.

Mr. Martin Hill
Idaho Falls, Idaho





BIRDS

GROUSE, CHUCKAR OR PHEASANT TERI YOKI

Dress and cut up bird. Cover and marinate over night in the following:

Teri Yoki Sauce:

$\frac{3}{4}$ C. soy sauce
 $\frac{1}{2}$ C. sugar
1 tsp. chopped candied ginger
2 cloves garlic
 $\frac{1}{2}$ C. white wine
1 tsp. poultry seasoning

Arrange bird in casserole dish and bake in a gas oven at 325° until done. Baste several times with the sauce.

Use sauce over rice or meat when serving.

Mrs. Ken Baird
Nampa, Idaho

BIRDS



BARBEQUED PHEASANT

2 pheasants	Salt, pepper &
1 medium onion, diced	flour
1 Tbsp. fat, melted	1 Tbsp. brown sugar
1 Tbsp. cornstarch	$\frac{1}{4}$ C. tomato catsup
2 Tbsp. vinegar	Salt & pepper
2 C. cooked tomatoes	

Cut up birds, coat with seasoned flour mixture, and brown in hot fat.

Meanwhile, saute finely chopped onion in the hot fat in a sauce pan until limp but not brown, at fry setting on your gas range.

Combine and blend in sugar and cornstarch.

Add remaining ingredients slowly, stirring constantly. Cook slowly until slightly thickened (about 20 minutes), stirring frequently.

Pour sauce over browned pheasant; cover and cook in 300° gas oven about 1 hour.

Mrs. Jeanette Green
Nampa, Idaho



BREAST OF PHEASANT

Pheasant often is dry, yet can be prepared this way early in the day and just heated to serve.

10 breasts of pheasant
½ C. sherry wine
½ pt. whipping cream

Fry pheasant pieces, seasoned with salt and pepper until golden brown.

Drain and place in casserole.

Add sherry and heavy cream.

Bake at 325° for 1½ hours.

Mrs. Juda Lamborn
Boise, Idaho



BIRDS

PHEASANT

1 pheasant
Salt and pepper
Flour
2 cans cream of mushroom soup
1 can water

Salt, pepper and flour pheasant as for fried chicken.

When well browned, add 2 cans cream of mushroom soup and 1 can water.

Cover and let simmer on Magic Eye of gas range at 225° until done.

Use sauce over rice.

Mrs. Bill C. Bird
Caldwell, Idaho



BIRDS

PHEASANTHIS FILLETS

2 pheasants	2 C. fine cracker
3 eggs, beaten	crumbs
Salt and pepper	Cooking oil
Garlic salt (optional)	

With a sharp knife, cut as many small fillets as possible from the pheasant.

Dip fillets into beaten eggs: then salt and pepper to taste. (Garlic salt may be used for additional flavor, if desired.)

Roll fillets in cracker crumbs and place in hot cooking oil in skillet and cook to a golden brown on each side, on top surface unit of your gas range, naturally.

Serve with: pan gravy (cream), hot biscuits and honey, salad or vegetable.

Mr. Joe Anthis
Twin Falls, Idaho

BIRDS

PHEASANT PIE

1 pheasant, 3-4 lbs.	1 C. light cream
1 bay leaf	1/8 tsp. pepper
1 stalk celery	1/4 tsp. salt
6 peppercorns	1 can pearl onions
1 tsp. salt	1 4-oz. can mushrooms
1/2 C. butter	1 pkg. frozen peas
1/2 C. flour	2 cans pimentos
	1 box pastry mix

Place pheasant in kettle and cover with water. Add bay leaf, celery, peppercorns and salt. Cover, bring to a boil and cook over low heat two to three hours, or until tender. Remove meat from bones; strain broth.

Melt butter in saucepan, add flour and stir until blended. Gradually add 2 C. of broth, stirring constantly. Add light cream, pepper and salt. Stir until thick.

Arrange pheasant pieces, onions, mushrooms, peas and pimentos in 2 qt. casserole. Add sauce, leaving at least one inch space at top. Prepare pastry mix. Cover casserole with pastry. Bake in 450° oven for 15 min.

Serve with tossed salad, and garlic bread.

Mrs. Ann Bierbaum
Boise, Idaho



SPAGHETTI AND PHEASANT

1 pheasant

Flour

3 C. hot water

1 tsp. salt

Salt and pepper

1 C. spaghetti

2 C. tomato juice

½ tsp. pepper

Clean and cut one pheasant into serving pieces.

Flour, season to taste and fry until brown.

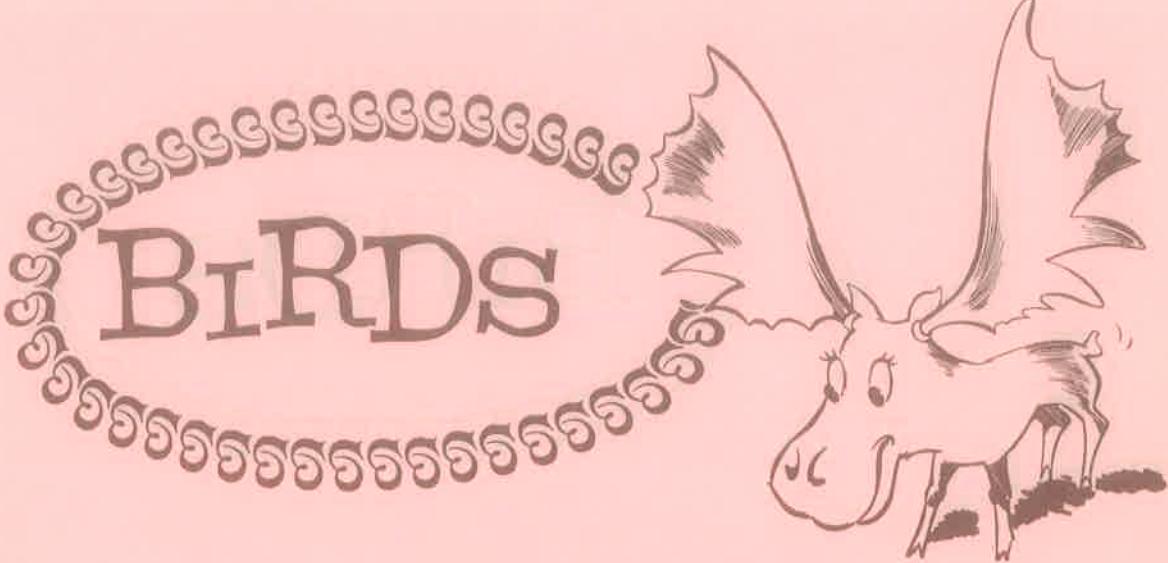
Cook 1 C. spaghetti in 3 C. boiling water, then drain.

Pour spaghetti over pheasant in casserole dish.

Take 2 C. tomato juice and add 1 tsp. salt and ½ tsp. pepper (or add diced onion or chili sauce if desired) and pour in casserole dish. Add enough water to cover.

Cook at 350° for 1 hour or until pheasant is tender.

Mrs. Delma Crawford
Twin Falls, Idaho



BIRDS

PHEASANT STROGANOFF (for older birds)

Pheasant
Flour
Salt and pepper
Lawry's Seasoning Salt
1 small onion, minced
1 can cream of mushroom soup

Cut pheasant into pieces and dredge in flour
seasoned with salt, pepper, and Lawry's
salt.

Saute, along with the minced onion in butter,
until brown.

Add diluted mushroom soup or sour cream.

Cook over low flame for an hour or bake
in 325° oven for an hour, or until tender.

Mrs. Dottie McKinney
Boise, Idaho



PIGEONS, REUBEN

4 pigeons, cut in pieces
Garlic salt
Salt, pepper and flour
 $\frac{1}{4}$ C. olive oil or salad oil
1 8-oz. can tomato sauce
 $\frac{1}{2}$ C. beer
4 medium onions, sliced quite thin
 $\frac{1}{4}$ tsp crushed oregano
3 Tbsp. chopped parsley

Sprinkle pigeons with salt, pepper and flour.

Heat olive oil or salad oil in skillet:
add pigeons and brown on all sides.

Add tomato sauce, beer, onions and oregano.
Bring to a boil. Cover and cook over low
heat 30-45 minutes, or until tender.

Just before serving, stir in parsley.
Serve with Parmesan spaghetti, green
salad and Italian bread. Makes 4 servings.

Mr. Reuben Breitling
Nampa, Idaho



BIRDS

PRAIRIE CHICKEN

1½ lbs. breast of prairie chicken
¼ C. chopped onion
¼ clove garlic, minced
½ C. cream
½ C. chicken broth
1 tsp. salt
1/16 tsp. pepper
½ Tbsp. Worcestershire sauce

Heat oven to 300°.

Brown breasts in hot fat at 375° on the
Magic Eye of your gas range.

Add remaining ingredients. Cover tightly
and bake at 300° 2 hours or until tender.

If it seems quite dry, add ½ C. dry white
wine.

Mrs. Charlotte Oliver
Boise, Idaho



PHEASANT AU VIN

2 Pheasants	Port Wine
6 cloves	1 onion, thinly sliced
1 bay leaf, crushed	1 tsp. sage, crushed
$\frac{1}{4}$ C. butter	Flour
1 C. commercial sour cream	

Cut birds into serving pieces. Place pheasants and seasonings in bowl with Port wine to cover; Cover and let set in a cool place for 2 days.

Drain the birds, reserving liquid. Wipe dry and dip in flour. Brown in butter.

Turn the birds into a casserole. Strain the wine and pour over the pheasants and bake, covered, in a 300° oven 1 to 1½ hours—or until tender. Pour sour cream over $\frac{1}{2}$ hour before birds are done.

Serves 6.

Mrs. Ray F. Archibald
Idaho Falls, Idaho

FISH



IDAHO BAKED SALMON WITH SAUCE

Take a large piece of salmon and wash skin to remove any loose scales.

Marinate fish in a half cup of lemon juice, for one hour, turning every fifteen minutes.

Brown, not just melt, $\frac{1}{2}$ lb. of butter in a deep baking dish in hot oven, being careful not to burn the butter.

Place fish carefully in baking dish and bake approximately 15 minutes. Baste every three minutes and when butter bubbles on top of fish it is done. Serve with the tangy sauce below.

Blend sauce ingredients in order named.

1 tsp. fresh horseradish
1 Tbsp. lemon juice
3 Tbsp. diced sweet pickles
 $\frac{1}{2}$ C. mayonaise
2 Tbsp. cooking sherry
3 drops Tobasco sauce
Salt and fresh ground pepper.

Mr. Tylee Howard
Boise, Idaho



FRIED CRAPPIE

Clean the crappie after skinning. (Use heavy gloves when cleaning these fish.)

Slice through the middle lengthwise, against the backbone.

Whip whole eggs, add salt and coarse ground pepper; then dip the fish in this batter.

In a brown paper sack, put corn meal or cracker crumbs (rolled with a rolling pin to crush) and drop the fish into the bag. Shake to cover.

Fry in butter or deep vegetable fat. Use a high heat and cook not more than 3 minutes. (Fish to be tasty should not be over-cooked.)

Mr. Dennie Young
Boise, Idaho





FISH

SMOTHERED BAKED SALMON

1½ to 2 lbs. piece of salmon
2 thin slices of lemon
2 Tbsp. melted shortening
2 slices of bacon (chopped)
3/4 C. chopped onion
3/4 C. chopped celery
1 tsp. salt
1 can tomato sauce (optional)
½ C. boiling water

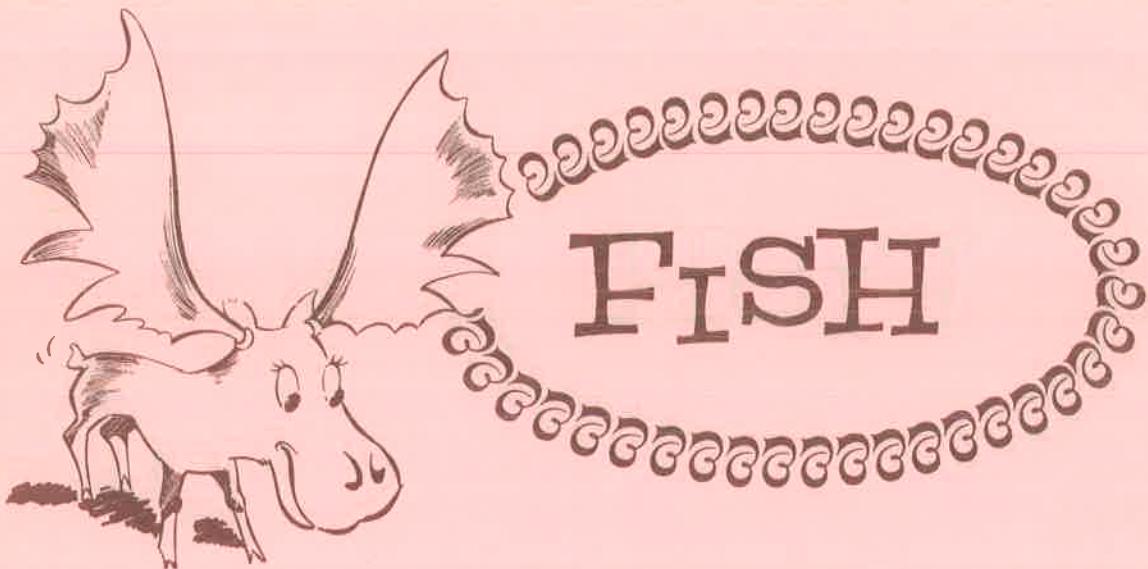
Place salmon in center of baking dish.
Place slices of lemon on top.

Combine shortening, bacon, celery, onion
and salt in skillet. Fry until lightly
browned.

Arrange vegetables, tomato sauce (if
used) and bacon over and around salmon.

Add water and cover to bake. Bake in
moderate oven, 350° for about 40 min-
utes. Uncover and bake an additional
10-15 minutes.

Mrs. Mildred L. Gillack
Boise, Idaho



GAS BROILED SALMON STEAKS

2 Salmon steaks ($\frac{1}{2}$ -inch thick)
2 Tbsp. butter, melted
Salt and pepper

Look steaks over carefully and remove any pieces of scale or bone that may be clinging to surface; wipe steaks with damp paper towel. Insert toothpick through ends of each steak to hold together while broiling.

Place steaks on foil-lined broiler rack. Brush with melted butter. Sprinkle lightly with salt and pepper. Turn steaks, and repeat. Broil 2-inches from flame until fish browns and can be flaked easily with a fork, about 5-8 minutes.

Serve immediately with Egg and Caper Sauce.
Makes 4 servings.

Mrs. Florence Canoy
Boise, Idaho



FISH

EGG AND CAPER SAUCE

$\frac{1}{2}$ tsp. Worcestershire sauce
1 tsp. prepared mustard
1 Tbsp. lemon juice
1 tall can evaporated milk
3 hard-cooked eggs, diced
1 Tbsp. bottled capers
 $\frac{1}{4}$ C. butter
3 Tbsp. flour
Paprika

Melt butter in saucepan at low flame setting (150°-200° on magic eye burner). Remove from heat. Blend in flour, Worcestershire sauce, mustard and lemon juice. Then slowly add milk and cook at low flame setting, stirring constantly, until thick. Remove from heat. Add eggs and capers, and mix. Spoon hot sauce over broiled salmon steaks and sprinkle with paprika.

Mrs. Florence Canoy
Boise, Idaho



FISH

BROILED SALMON

Split salmon on each side of spinal bones and remove bones whole. Lay fish open on foil and place on broiler pan.

Salt and pepper to taste, sprinkle with lemon juice and dot with small pieces of butter.

Set your Gas Broiler to broil and judging by thickness of fillets, broil to "just done". (Fish should separate easily into flakes when tested with a fork.)

Serve with lemon wedges.

Mrs. Helen Schwarz
Boise, Idaho



FISH



OVEN FRIED SALMON STEAKS

2 lbs. salmon fillets	1 tsp. salt
1 C. milk	1 C. bread crumbs
4 Tbsp. melted butter	

Cut steaks into serving-size portions.

Add the salt to the milk and mix. Dip the fish in the milk and roll in crumbs, then place in well greased baking dish.

Pour melted butter over the fish.

Place baking dish on shelf near the top of a very hot oven, 500°, and bake 10-12 minutes, or until the fish flakes easily when tested with a fork.

Serve immediately on a hot platter, plain or with a sauce. Serves 6.

Mrs. Vera Heyer
Twin Falls, Idaho



SALMON LOAF

2 lbs. cooked salmon, boned and flaked
2½ C. fresh bread crumbs
2 Tbsp. dried parsley flakes
2 Tbsp. instant minced onion
2 eggs 1 egg white
1/3 C. milk 1 tsp. salt
1/8 tsp. seasoned pepper
1 envelope (½ pkg.) instant mashed potatoes
1 egg yolk
Melted butter or margarine

Set oven at 350°. Line 9x5x3 inch pan lengthwise with strip of foil; make strips long enough to extend beyond pan at both ends for ease in lifting loaf from pan.

Combine salmon, bread crumbs, eggs, egg white, parsley, onion, salt and pepper in large bowl; mix thoroughly. Place in pan.

While loaf bakes, prepare mashed potatoes according to directions; beat in egg yolk. Increase heat to 425°. Remove loaf from pan; place on baking sheet. Spread potatoes on top and sides of loaf; brush with butter or margarine. Bake until potatoes are tipped with brown. Garnish with lemon wedges and parsley.

Mrs. Mary Grove
Boise, Idaho



FISH



ZESTY SALMON FILLETS

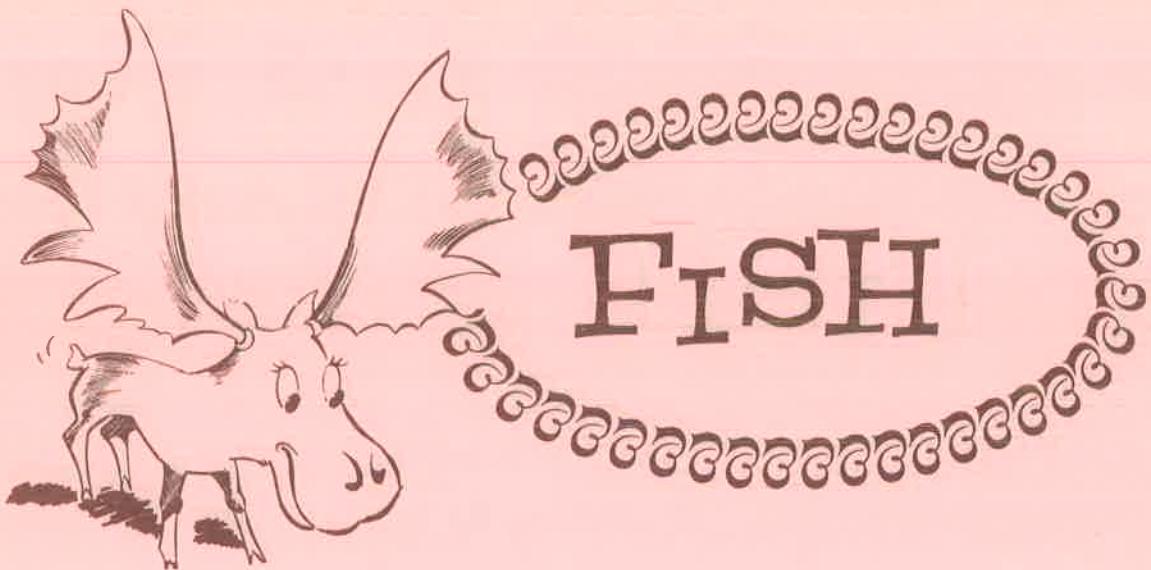
Salmon fillets
Kraft French Dressing (pink)
Bay leaves
Celery seed

Marinate salmon in French dressing for at least 2 hours.

Just before cooking, add one bay leaf and a pinch of celery seed to the top of each fillet.

Broil about 8 minutes each side; or bake in the dressing at 325° for 45 minutes to one hour.

Mrs. Robert McKinney
Boise, Idaho



FRESH SALMON STEAKS SEATTLE

6 salmon steaks, 1-inch thick
1/3 C. butter
1/2 tsp. salt
1/2 to 1 tsp. paprika (I like more.)
1 tsp. Worcestershire sauce
2 Tbsp. grated onion

Place salmon steaks in greased shallow baking pan.

Melt butter, add seasonings and Worcester-shire sauce; spread over salmon. Grate fresh onion over steaks.

Bake in moderate oven (350° to 375°) about 30 minutes. Be sure not to over-cook.

Mrs. Lucy Beckstead
Boise, Idaho



FISH

SALMON LOAF

1 lb. cooked, flaked salmon
1 C. stale bread crumbs
1 C. scalded milk
1 tsp. salt
1 Tbsp. butter
 $\frac{1}{2}$ tsp. onion juice
2 egg yolks, beaten
1 tsp. lemon juice
2 egg whites stiffly beaten (add last)
Bread crumbs for top

Scald milk remove from range and add bread, salt and butter. Then stir in flaked salmon, onion juice, egg yolks and lemon juice. Fold in egg whites. Cook in a buttered loaf pan.

Top mixture with buttered toasted crumbs.
Bake for 45 minutes at 375°.

Mrs. Fran Hopper
Boise, Idaho



BAKED STEELHEAD

10-15 lb. Steelhead

Make two-inch incisions about 2 inches apart down the sides, in which are inserted thin lemon wedges. Push lemon wedges in until the rind is even with the skin.

Stuff with a dressing of the following:

1 C. finely chopped onion
1 C. dry bread crumbs
 $\frac{1}{2}$ C. chopped apple
 $\frac{1}{2}$ C. chopped celery
 $\frac{1}{2}$ bunch chopped parsley

Wrap the fish in aluminum foil, place in a baking pan and cook 15 minutes per lb. in a 325° gas oven.

Mrs. Bert Smith
Boise, Idaho



FISH

CRAPPIE FILLETS WITH VERMOUTH

6 fillets
½ C. butter
½ C. dry vermouth
Bread crumbs
Parmesan cheese

Lay 6 crappie fillets, side by side, in a shallow casserole.

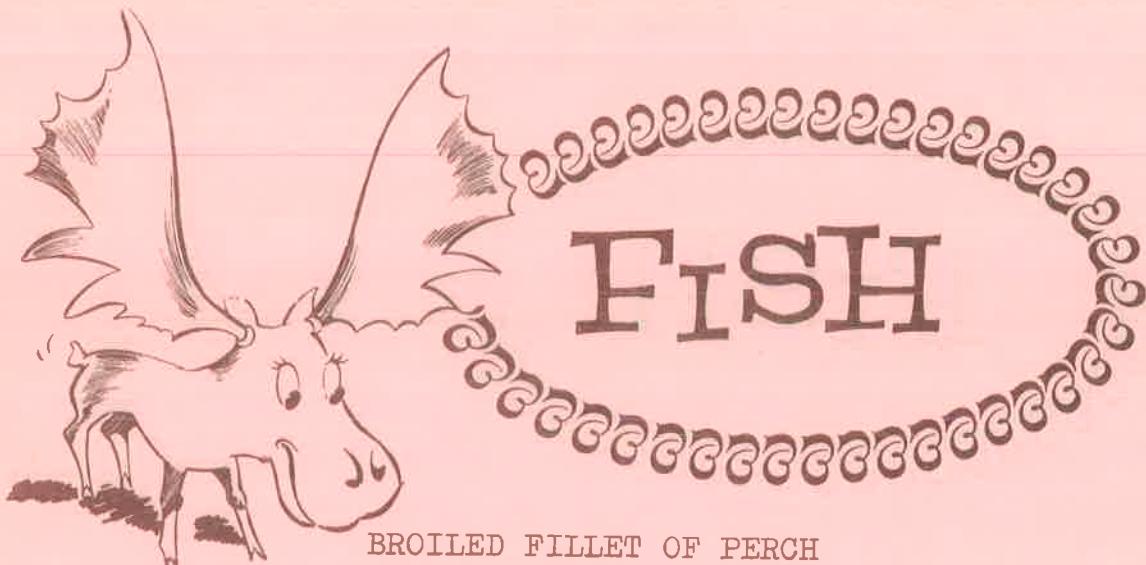
Season with salt and pepper.

Melt ½ C. butter in ½ C. dry vermouth and pour the mixture over the fish.

Broil the fillets until the flesh flakes at the touch of a fork, basting it frequently with the vermouth and butter mixture.

Sprinkle top with bread crumbs mixed with an equal amount of grated Parmesan cheese and return the casserole to the broiler to brown.

Mr. Paul Vernon
Boise, Idaho



BROILED FILLET OF PERCH

About 3 fillets of Yellow Tiger perch per person

$\frac{1}{2}$ pkg. chopped frozen spinach per person

1 C. chopped onion 6 Tbsp. butter

3 tsp. lemon juice $\frac{3}{4}$ C. milk

3 C. grated Kraft American cheese

Soak fillets in strong solution of salt water for about 3 hours. Drain and wash in cold water.

Cook spinach as directed on package.

Fry onion in 3 Tbsp. butter until light brown and add spinach.

Turn Gas Broiler to pre-heat.

Place fillets of perch in greased shallow baking pan and sprinkle with 3 Tbsp. melted butter and 3 tsp. lemon juice. Broil without turning until easily flaked with fork but still moist.

Melt cheese in milk until smooth. Transfer fish to deep baking dish, top with spinach and onion, and pour cheese sauce over all. Broil until golden brown. Remove, sprinkle lightly with red pepper and serve piping hot.

Mr. Harold Cook
Pocatello, Idaho



FISH

STUFFED BAKED STEELHEAD TROUT

3 lb. steelhead trout	$\frac{1}{2}$ lb. bulk sausage
1 C. chopped onions	$\frac{1}{2}$ C. chopped celery
$\frac{1}{2}$ pt. sour cream	Salt and pepper
$\frac{1}{4}$ C. chopped green pepper	
1 C. bread crumbs, toast or croutons	
2-inch square of Roquefort chesse	

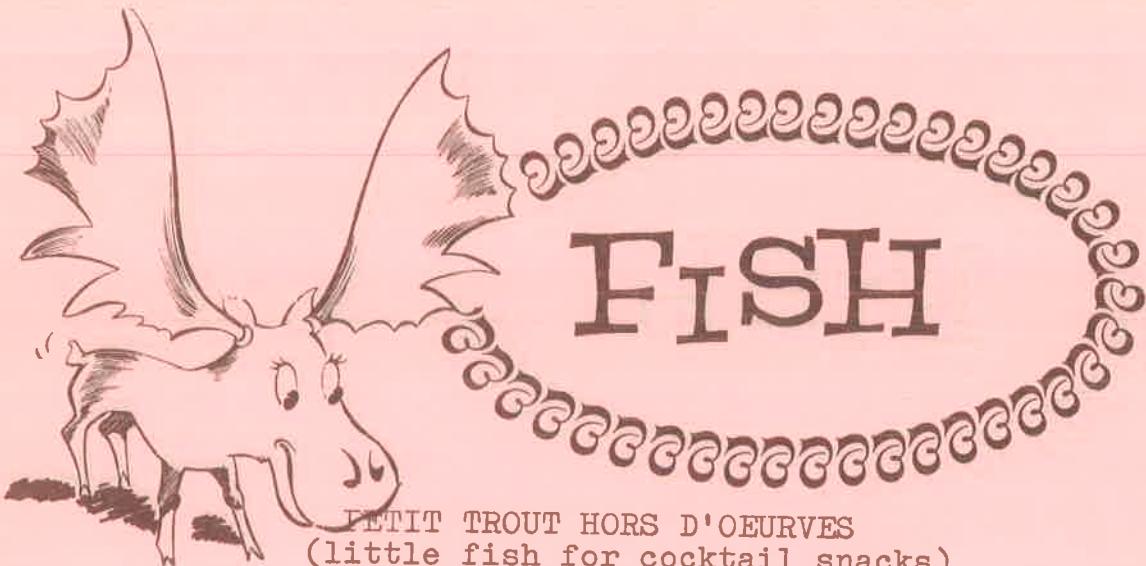
Brown sausage and remove from pan.

Add vegetables and fry until clear. Remove from your fire and add bread crumbs, then stuff fish, oil and season outside skin and bake at 400° for 30 minutes.

Before serving, pour $\frac{1}{2}$ pt. sour cream over stuffed fish. (2-inch square of Roquefort cheese may be broken and added for a very nifty accent.)

Garnish with lemon and onion.

Mrs. Barbara Pechthalt
Boise, Idaho



LITTLE TROUT HORS D'OEUVRES
(little fish for cocktail snacks)

High mountain lakes and streams in Idaho produce plenty of fish, but they are sometimes small. For a tasty cocktail-hour treat, try this one:

In a three gallon stone crock, place

Three limits (45) five to seven-inch trout

One pint vinegar

One pint water

One-quarter pound of salt

One three-ounce bottle of meat tenderizer

Cover and let marinate for 48 hours, making sure that the temperature doesn't get too high. (Normal June temperatures at 6000 feet are ideal.)

Remove and drain, place the fish on a flat cookie tin and put into a very low heat oven for an hour. When crisp and dry, they are ready to serve, and may be eaten whole, as the bones are softened and dissolved by the vinegar and tenderizer.

Mrs. Dorothy H. Smith
Boise, Idaho



FISH

TROUT CHOWDER

Brook trout	Salt pork (diced)
Onions (sliced)	Potatoes (diced)
Evaporated milk	Salt and pepper
Accent or other seasonings	

Dress trout, removing heads and tails. Fold in a clean cotton dishtowel and hang in a pot of boiling water for 10 minutes. Save the water. Thus steamed, the skin and bones of the trout may be lifted away easily.

In a clean pot or pail, fry out a good quantity of diced salt pork and in the fat, throw a decent amount of sliced onions.

When the onions become translucent, add as much of the trout water as you think you'll need; add diced potatoes and after a time add the trout meat.

Canned milk should be added about the time the potatoes are soft.

Season, cover and simmer over a low flame as long as you can wait.

Mr. LeRoi Carroll
Idaho Falls, Idaho



"TROUT BARNEE"

6 6-ounce Rainbow trout
4 ounces wild rice (cooked)
6 $\frac{1}{2}$ -inch slices from large tomato
6 large mushroom caps
12 small strips king crab meat
Butter
Salt and pepper
Paprika

Heat oven to 350°.

Prepare baking pan by buttering bottom and sides. Lightly salt and pepper boned trout on inside. Cook wild rice as directed on package and place on trout. On top of rice, put a slice of tomato and next a large mushroom cap. Sprinkle trout with paprika.

Bake about 20 minutes or until meat of trout is white and juicy. Lay strip of King Crab meat on each side of mushroom. Pour Macadamia Nut Butter sauce over trout or serve separately.

FISH

(Cont'd)

"TROUT BARNEE"

MACADAMIA NUT BUTTER SAUCE:

1 C. Macadamia nuts $\frac{1}{4}$ lb. butter

Brown Macadamia nuts in butter. Add parsley if desired while heating.

TARTAR SAUCE:

$\frac{1}{2}$ C. olives, finely chopped
1 C. pickles, finely chopped
 $\frac{1}{4}$ C. parsley, finely chopped
 $\frac{1}{4}$ C. onions, finely chopped
1 qt. mayonaise or salad dressing

Combine all ingredients and chill.

CUCUMBER SAUCE:

1 pt. cucumbers, diced
 $2\frac{1}{2}$ C. mayonaise or salad dressing
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{4}$ Tbsp. paprika
 $1/8$ C. lemon juice

Peel, finely dice, and drain cucumbers. Combine with other ingredients, mix well and chill.

Mr. Bob Erkins
Buhl, Idaho



FISH

TROUT STUFFED WITH SHRIMP

6 trout fillets	12 cooked shrimp
8 mushroom stems	Bread crumbs
2 green onions chopped	Salt and pepper
2 C. Mornay sauce (below)	Lemon wedges
2 Tbsp. slivered almonds	

Saute chopped onions and almonds in butter. Grind shrimp and mushrooms and add to skillet. Cook, stirring, for several minutes. Add 2 Tbsp. Mornay sauce.

Mornay Sauce: Over low heat blend 2 Tbsp. flour and 2 Tbsp. butter, then add (stirring) 1 C. clear chicken broth and 1 C. light cream. Cook to thicken slightly. Add and stir until melted 2 Tbsp. freshly grated swiss cheese.

Spread trout fillets with this mixture, and salt and pepper. Roll them and secure with toothpick, arrange fillets in buttered casserole and pour over them the rest of the sauce. Sprinkle with bread crumbs and bake in 350° pre-heated oven for 20 minutes, or until brown. Serve with lemon wedges.

Mrs. Fran Hopper
Boise, Idaho



FISH

BAKED TROUT

3 lb. trout	1 C. chopped celery
$\frac{1}{2}$ C. chopped onion	4-5 strips bacon
Soft butter, salt and pepper	

Rub cavity of fish very generously with butter, salt and pepper.

Mix celery and onion and put in cavity.

Lay fish in foil-lined baking pan and put 4-5 strips of bacon on top, diagonally.

Bake at 350° for about 45 minutes and serve with lemon wedges.

Mrs. Fay Stoddard
Burley, Idaho



FISH

BLUE LAKES BAKED TROUT

2 lb. trout	1 tsp. sugar
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. pepper
1 $\frac{1}{2}$ Tbsp. vinegar	$\frac{1}{2}$ C. Wesson oil
1 $\frac{1}{2}$ C. chopped onion	
1 garlic clove, crushed	
2 $\frac{1}{2}$ C. cooked tomatoes	
$\frac{1}{2}$ C. chopped green pepper	
1 C. small button mushrooms	
2 Tbsp. Worcestershire sauce	

Brown sugar in pan, add oil, onions and green peppers and saute until tender. Add garlic juice, salt, pepper, tomatoes, mushrooms, Worcestershire sauce and vinegar. Simmer for 45 minutes over low heat. (This sauce is very tasty with all fish dishes.)

Place trout in a pan and pour sauce over entire fish. Bake in gas oven at 350° for 40 minutes, basting often with sauce.

After 20 minutes in oven, place bacon strips over fish and continue baking.

Mr. Afton R. Angerbauer
Twin Falls, Idaho



FISH

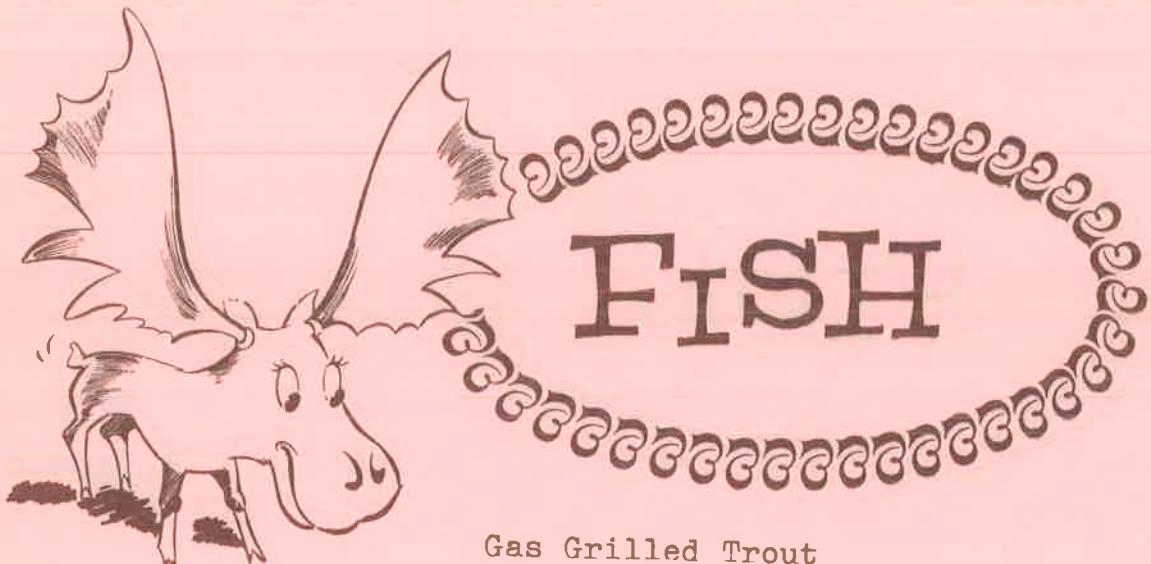
BAKED STUFFED TROUT

4 baking-size trout	2 C. bread crumbs
$\frac{1}{4}$ C. sliced mushrooms	$\frac{1}{2}$ stick of butter
$\frac{1}{4}$ C. chopped onion	Salt and pepper
$\frac{1}{4}$ C. chopped parsley	

Melt butter in skillet. Saute mushrooms, onion, and parsley until light yellow in color. Toss with bread crumbs and add seasonings.

Stuff trout cavities and place in greased baking pan. Brush with butter and bake 25-30 minutes at 400°. Serve hot.

Mrs. Helen M. Crippen
Gooding, Idaho



Gas Grilled Trout

Six ten-ounce Idaho trout

Clean trout thoroughly inside and out.
Slice down the backbone of trout and
debone to make the trout fillets.

Salt the trout to your taste and also
use button of garlic to rub on outside.
Brush butter on inside and outside of
trout on rack. Turn when each side is
golden brown.

Serve this sauce with the grilled fish:

$\frac{1}{2}$ C. favorite mayonaise
1 tsp. horseradish
2 Tbsp. ketchup
1 tsp. Worcestershire sauce

Mrs. Ervie R. Marten
Twin Falls, Idaho



FISH

TASTY TROUT

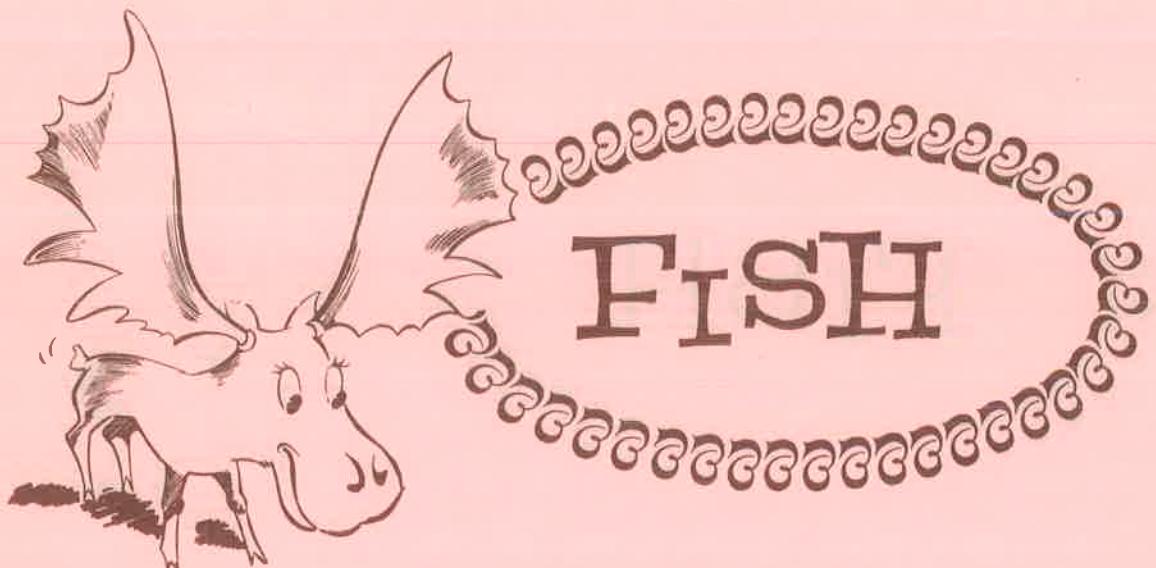
Set your gas grill for medium heat.

For 4 servings: Clean and prepare four 10-inch trout for cooking.

Season well with lemon juice, melted butter, salt and pepper, and a dash of garlic salt, both inside and outside of trout. Cook trout 3 minutes on one side, turn over, baste with additional lemon juice, melted butter, salt, and pepper for another 3 minutes.

Remove trout from grill: serve with fried potatoes, salad and black-eyed peas.

Mrs. Dorothy Anthis
Twin Falls, Idaho



PAN FRIED RAINBOW TROUT ROCKY MOUNTAIN STYLE

Rinse and dry trout.

Use cornmeal, salt, and pepper to cover trout. Pan should contain enough peanut oil or vegetable oil to cover one-half of trout. Oil should be hot but not smoking. If oil is correct temperature, trout tail will sizzle when placed in hot oil.

Place trout in pan so as not to touch. When golden brown, turn with spatula and cook other side. Turn only once. Serve with one of the following sauces:

SAUCE AMANDINE:

For six trout, melt $\frac{1}{4}$ C. butter, add $\frac{1}{2}$ C. blanched slivered almonds and cook until almonds are brown. Pour sauce over trout or serve with trout. Lemon juice and parsley may be added to this sauce if desired.

FISH



PAN FRIED RAINBOW TROUT
ROCKY MOUNTAIN STYLE

(Cont'd)

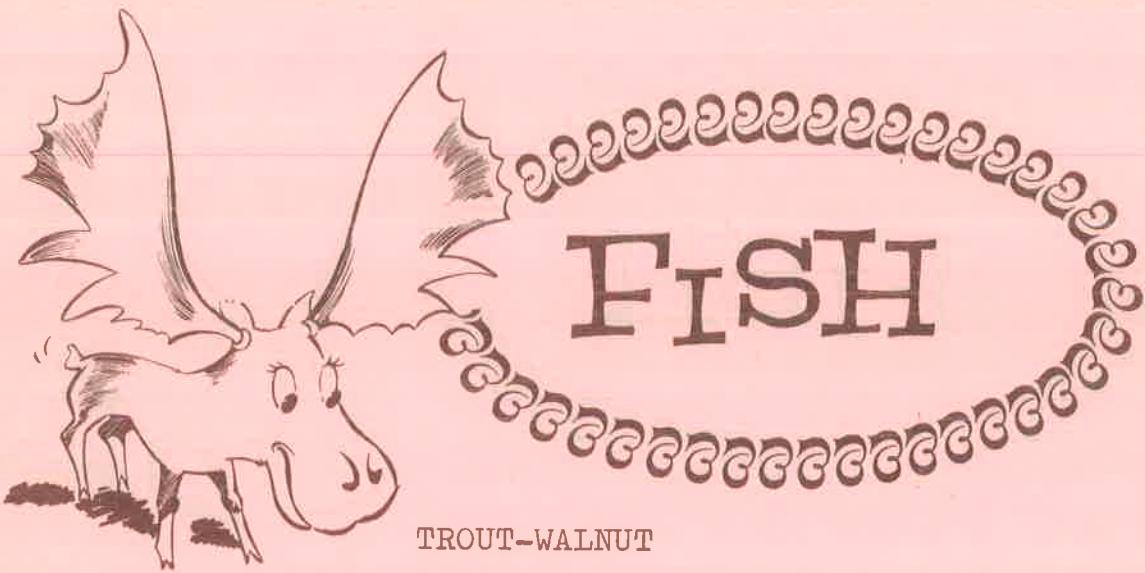
SAUCE ROSEMARY:

For six trout, melt $\frac{1}{4}$ C. butter, add, to taste, a small amount of rosemary. Bring to a foamy mixture by beating. Pour sauce over trout or serve with trout.

PARSLEY, WATERCRESS, OR HERB BUTTER:

For six trout, melt $\frac{1}{4}$ C. butter, add $\frac{1}{2}$ tsp. salt, $1/8$ tsp. pepper, $\frac{3}{4}$ Tbsp. lemon juice, 2 Tbsp. parsley or watercress. Place over trout or serve with trout. To make Herb Butter use chives and chervil in place of parsley or watercress.

Mrs. Barnee Erkins
Buhl, Idaho



TROUT-WALNUT

Fish fillets--not more than one-inch thick

3 eggwhites, stiffly beaten

$\frac{1}{4}$ C. very fine cracker crumbs

$\frac{3}{4}$ C. white flour

$\frac{1}{4}$ C. butter

2 Tbsp. water

1 C. black walnut meats (sliced very thin,
or chopped in a liquifier--do not grate)

Mix the cracker crumbs and flour in a paper
bag (large enough to shake the fillets in
the mixture).

Spread the walnut meats in a shallow bowl
or on a plate.

In one bowl beat the egg whites until stiff.

Place the fish fillets in the paper bag and
shake well with cracker crumbs and flour,
Dip each fillet in the stiffly beaten egg
whites, then into the walnut meats, being
careful to cover each side of each fillet.

Melt the butter in a frying pan and add the
water (to keep the butter from getting too
brown). Place the fish in the pan and fry
slowly over low heat until well done.

Mrs. Virginia Smith
Boise, Idaho

FISH



TROUT TERRIF'

6 medium or 3 large trout (or 2 lb. fillets)	
1 C. soy sauce	4 Tbsp. brown sugar
1 tsp. ground ginger	½ tsp. paprika
2 garlic cloves, crushed	
¼ C. sherry wine or vinegar	
½ C. butter or margarine, melted	

Combine soy sauce, sugar, wine, ginger, garlic and paprika. Pour over fish in shallow pan or baking dish. Allow to marinate at least one hour. (If sauce does not cover fish, be sure to turn it so that all sides are marinated.)

Remove fish from sauce, brush both sides with melted butter, add the remaining butter to the sauce and use this butter-sauce to baste the fish as you grill it. Fillets will take 5-8 minutes per side--whole fish 10-15.

Or, wrap fish loosely in foil, pour sauce into the cavity of the whole fish. Bake in shallow pan at 350° for one hour.

Mr. and Mrs. Bud Henry
Rupert, Idaho

SMALL GAME

OVEN BARBEQUED RABBIT

Cut one rabbit into serving pieces.

Dip each piece in flour and brown in hot fat.

Blend the following:

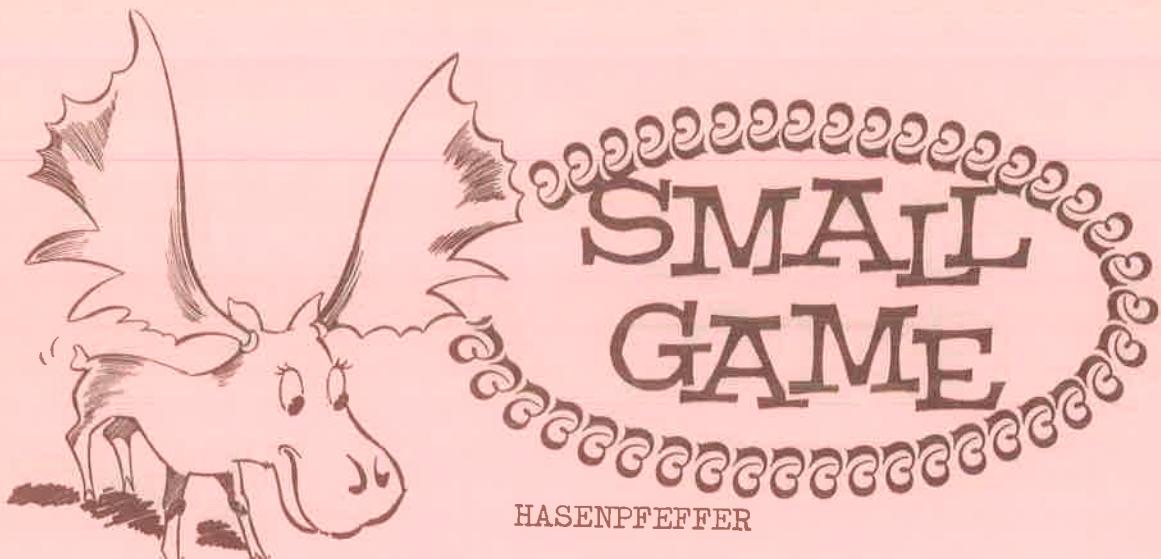
1½ tsp. dry mustard	1 C. catsup
1/8 tsp. cayenne pepper	1 C. water
Garlic salt to taste	1 Tbsp. vinegar
1 Tbsp. Worcestershire sauce	

Place rabbit in oiled baking dish and cover with sauce.

Bake in slow oven at 325° for about 2 hours, or until tender. Turn occasionally.

Note: This is also a nice way to fix chicken fryers for a change.

Mrs. Dennie Young
Boise, Idaho



SMALL GAME

HASENPFEFFER

2 or 3 cottontail rabbits	
2 medium onions, sliced	6 peppercorns
1 Tbsp. salt	$\frac{1}{2}$ lemon, sliced
2 Tbsp. sugar	6 bay leaves
12 whole cloves	
Cider vinegar or cooking claret	

Place meat in crock or bowl sufficiently large to allow it to be covered with liquid. Pour in liquid consisting of the following mixture: either half vinegar and half water or two parts claret to one part water. Add enough liquid to just cover meat; then add all the other ingredients. Leave meat in this mixture two or three days, turning meat over twice a day. Take meat out of liquid and let drain.

Additional ingredients:

Butter, beef drippings or suet	
$\frac{3}{4}$ C. sifted flour	
1 C. cold water	6 Ginger Snaps

Cook in a Dutch Oven or similar covered pot. Place in pot just enough butter, beef drippings or suet, (about 3 Tbsp.) to brown meat. Place the drained meat in the hot fat and brown well; then gradually add all the liquid it had been soaked in, including the spices, etc.

SMALL GAME



HASENPFEFFER

(cont'd)

Add the Ginger Snaps; cover the pan with a tight lid, and allow the meat to simmer slowly for two or three hours. Just before the meat is done, place on a pie pan $\frac{3}{4}$ C. flour: spread flour evenly over pan and place in the oven to brown. When flour is brown, add to the pot with meat and allow to cook for 10 minutes. If you find that the gravy forming is too thick, add a little water.

After cooking 10 minutes, strain the gravy and place meat with the gravy in the pot again and cook for five minutes.

Note: This is good with Kartoffel Klosse (potato balls).

Mr. Ray Meyer
Boise, Idaho



SMALL GAME

GRISSEOM'S RABBIT SWEET AND SOUR

1 rabbit, 3-4 lbs.	2 Tbsp. salt
$\frac{1}{4}$ lb. green pitted olives	1 Tbsp. capers
6 Tbsp. olive oil	$\frac{1}{2}$ C. vinegar
1 2-lb. can tomatoes	$\frac{1}{2}$ C. water
2 medium onions, diced	2 tsp. sugar
Salt and pepper	

Cut rabbit into 8 servings, cover with salted water and soak for three hours. Wash and wipe dry; saute rabbit in 4 Tbsp. olive oil until brown on all sides. Add tomatoes and simmer covered for 15 minutes.

Heat two Tbsp. olive oil in a separate pan; add onions, saute until soft. Add olives, capers, vinegar, water, sugar and cook for three minutes. Pour sauce over rabbit, season with salt and pepper and cook slowly in covered pan until tender.

Serve hot with sauce. Serves 4.

Mr. Bob Grissem
Boise, Idaho

SMALL GAME



ROCKY MOUNTAIN RATTLESNAKE--A LA GAYLORD

Cut off head and tail, eviserate, and skin two or three rattlesnakes that are 1 to 1½ inches thick.

Coil the snakes and tie with string to fit a Dutch Oven or Pot Roast kettle. Season same as a pot roast (with seasoned salt and pepper, MSG and garlic); rub with flour.

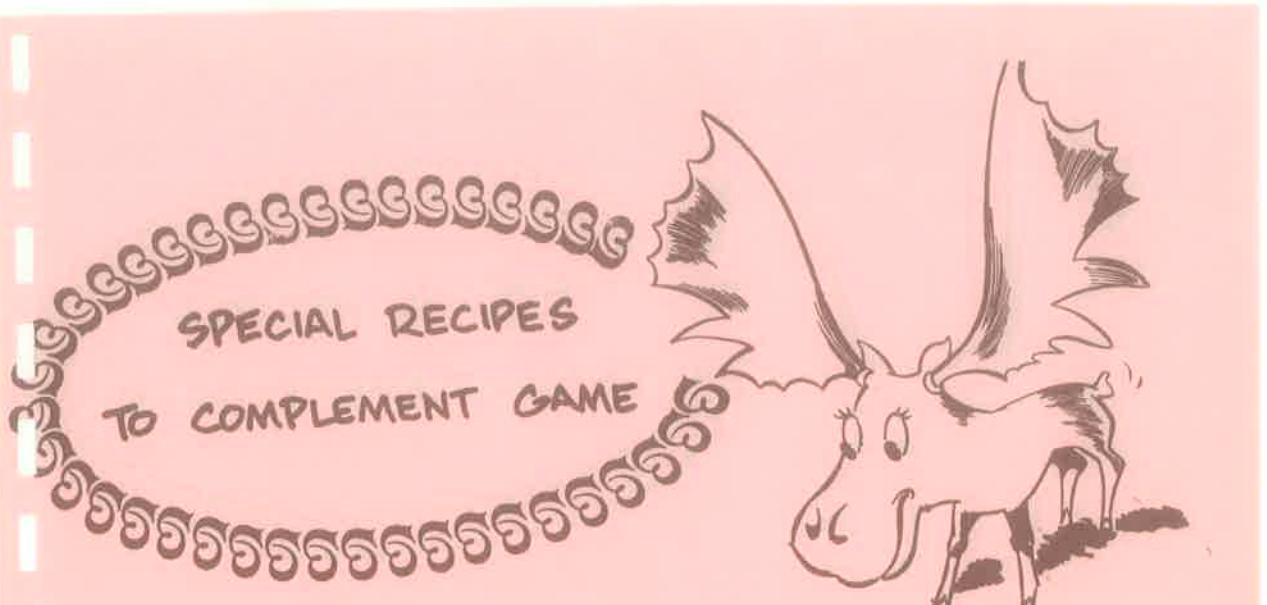
Braise on medium or low flame in beef stock, consomme, or water until tender (meat texture is much like blade-cut pot roast of beef).

Prepare following sauce: Chop one large onion and two or three stalks of celery (leaves and all). Saute onions and celery in butter or margarine until tender and edges start to brown. Add to drippings from meat along with a can of tomatoes with puree; add more beef stock or water to increase volume if needed.

Pour sauce over meat, cover, and continue cooking over medium or low flame until sauce reaches thickness you like.

To serve, cut meat in two or three-inch lengths, pour spoonful of sauce over it. Properly cooked this meat will fall away from the bone and is very palatable.

Mr. Gay Meier
Boise, Idaho



SPECIAL RECIPES

TO COMPLEMENT GAME

ALA PILAF

1 C. Ala	$\frac{1}{2}$ tsp. salt
2 Tbsp. butter	Few grains pepper
1 Tbsp. finely chopped onion	
2 C. chicken broth or bouillon	

Melt butter in skillet; add Ala and onion.
Stir and cook until golden brown.

Add broth, seasonings. Cover, bring to
boil, reduce heat, simmer 15 minutes.

Serve with Idaho game. Serves 4

Party Pilaf: Serves 10

Use 1 lb. package of Ala, following
above recipe:

1/3 C. butter	3 Tbsp. minced onions
1 1/2 tsp. salt	5 1/2 C. broth
1/8 tsp. pepper	

Miss Clarine Anchustequi
Boise, Idaho



SPECIAL RECIPES

TO COMPLEMENT GAME

ALA POULTRY OR GAME STUFFING

Heat: Cook until onions are straw-colored.

1/3 C. butter or margarine

1/3 C. chopped onion

1/3 C. chopped celery

1/3 C. diced tart green apples
(peeled and cored)

Giblets, chopped

Add: 2 1/2 C. Ala

1/4 C. slivered blanched almonds

1/2 tsp. salt

1/8 tsp. pepper

1/2 tsp. poultry seasoning

3/4 C. stock, or water

Cover and cook over moderate heat until all liquid is absorbed. Makes about 3 C. of dressing.

Mr. Harold West
Boise, Idaho



SPECIAL RECIPES TO COMPLEMENT GAME

BAKED ASPARAGUS

2 lbs. cooked fresh asparagus or two cans
drained

1 C. coarsely grated sharp cheese

$\frac{1}{2}$ C. blanched almonds

2 C. white sauce

$\frac{1}{2}$ C. bread crumbs

White sauce:

3 Tbsp. butter

3 Tbsp. flour

Salt and pepper

2 C. milk

Savory salt

1 Tbsp. Worcestershire sauce

Stack asparagus, cheese and almonds in
buttered baking dish, making two layers
of each.

Melt butter, add flour, stirring constantly,
then add milk and stir until thick. Add
seasonings to white sauce. Pour sauce over
asparagus mixture and top with bread crumbs
dotted with butter.

Bake at 350° for 30 minutes, until bubbly.

Mrs. Fran Hopper
Boise, Idaho



SPECIAL RECIPES

TO COMPLEMENT GAME

STRING BEAN CASSEROLE

Arrange in buttered dish in two layers the following:

- 2 cans French-style green beans
- 1 can water chestnuts, sliced
- 1 can bean sprouts
- 1 medium can mushrooms

Warm 1 can mushroom soup and pour over all, adding salt and pepper to taste.

Cover top of casserole with crushed French-fried onions. Bake 30-40 minutes in a 350° oven.

Mrs. Nancy Keefer
Boise, Idaho

SPECIAL RECIPES

TO COMPLEMENT GAME



BROCCOLI-CAULIFLOWERETS WITH
WHIPPED BUTTER

Cook flowerets from 1 bunch of broccoli and 1 small head of cauliflower separately in boiling salted water until tender. Drain well.

Combine and season with $\frac{1}{2}$ C. softened butter creamed with 2 Tbsp. lemon juice. (To cream, add few drops of lemon juice at a time.)

Approximately 8 servings.

Mrs. Scotty Busselle
Boise, Idaho

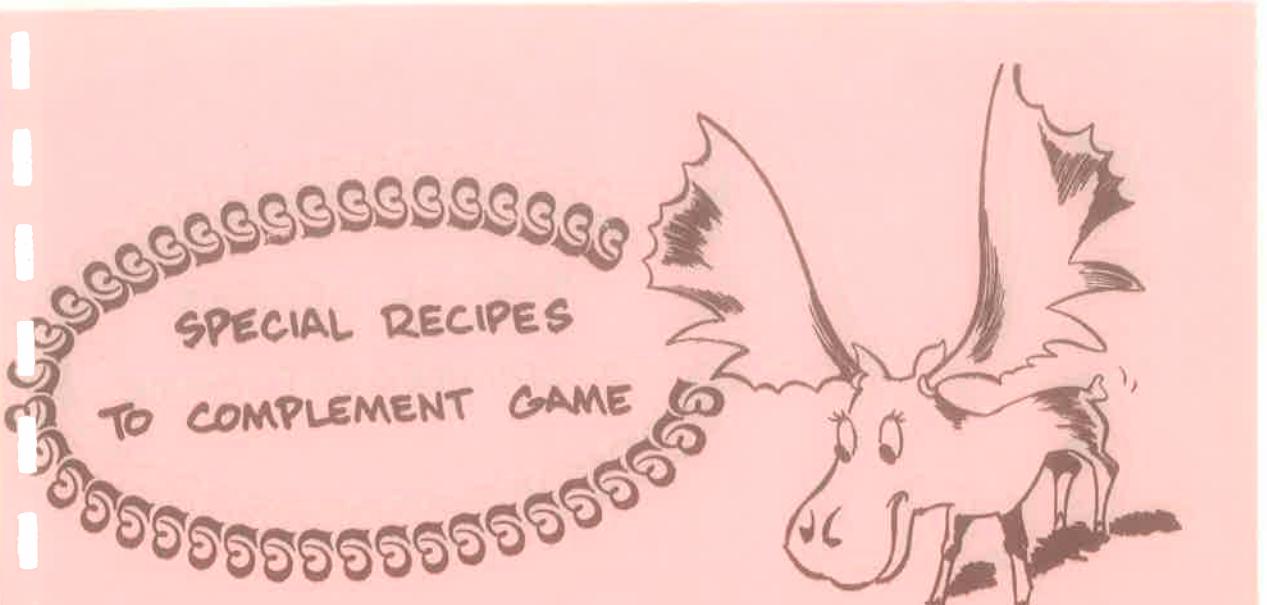


SPECIAL RECIPES
TO COMPLEMENT GAME

HUSH PUPPIES

The "hush puppy", made from corn meal, originated in the south. The story heard about them most often is that some fishermen had a fish-fry by the river. Hungry, yapping, dogs bothered the men, so an understanding cook threw a few spoonfuls of corn bread batter into deep fat, then tossed the morsels to the dogs with the caution...."hush puppies".

Two recipes for "hush-puppies follow.



SPECIAL RECIPES

TO COMPLEMENT GAME

HUSH PUPPIES (makes 16-20)

1½ C. yellow corn meal
1½ tsp. baking powder
½ tsp. baking soda
¼ C. onion, chopped fine

¾ C. flour
½ tsp. salt
1 tsp. sugar
¾ C. milk

Combine dry ingredients.

Add milk and onion and mix until very stiff. Make rounded tablespoon of batter into small cake, using palm of hand to round out top.

Drop into deep hot fat, 375° and cook until well browned. (about 3 minutes.)

Serve piping hot.

Mrs. Elizabeth Brinkley
Boise, Idaho



SPECIAL RECIPES

TO COMPLEMENT GAME

HUSH PUPPIES (for eating with fish)

2 C. cornmeal
2 Tbsp. flour
3½ C. boiling water
1½ tsp. salt
1 tsp. baking powder
2 Tbsp. melted shortening
2 Tbsp. grated onion (may omit)
½ tsp. black pepper

Mix cornmeal and flour, add to boiling water and mix well. Set aside to cool.

Add other ingredients to cooled mixture and beat thoroughly.

Drop a teaspoon full at a time onto a hot, well greased gas griddle.

Mr. LeRoi Carroll
Idaho Falls, Idaho



SPECIAL RECIPES
TO COMPLEMENT GAME

CORN STICKS
(makes 12 corn sticks)

1 C. sifted flour	1 C. corn meal
1 tsp. salt	1 egg, beaten
3 tsp. baking powder	
1 C. sweet milk	
1 Tbsp. melted shortening	

Mix and sift dry ingredients. Combine egg and milk. Add to flour mixture and stir until well mixed.

Add shortening. Turn into greased corn-stick pan and bake in 400° oven for about 30 minutes.

The corn-stick pan, made of iron and often with each section of the pan designed like an ear of corn, cooks these to the desired crispness. The corn-stick pan is a prized possession of many a southern hostess.

Mrs. Emma Bordeaux
Boise, Idaho



SPECIAL RECIPES

TO COMPLEMENT GAME

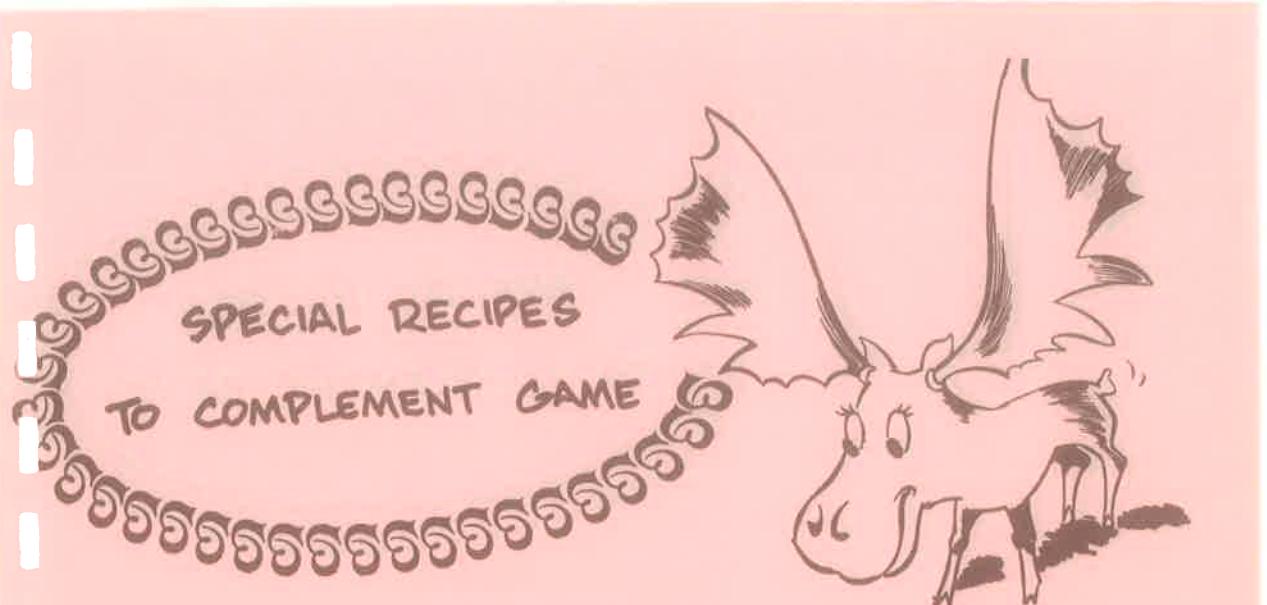
CORN CASSEROLE

1 can cream-style corn
1 can niblet corn
1 pkg. sour cream
2 eggs, beaten slightly and added to above
1 tsp. salt
2 Tbsp. dehydrated onion flakes
 $\frac{1}{4}$ tsp. fresh ground pepper
1 medium green pepper, chopped fine
1/3 C. browned buttered bread crumbs

Mix all together except bread crumbs which should be sprinkled on top.

Bake at 350° for 1½ hours.

Mrs. Betty Ann Gibson
Boise, Idaho



SPECIAL RECIPES
TO COMPLEMENT GAME

BAKED GRITS

2 C. grits	1 C. milk
8 C. water	1 Tbsp. salt
2 eggs	4 Tbsp butter
1 C. grated sharp cheese	
1 Tbsp. Worcestershire sauce	
1 Tbsp. black pepper	

Put water and salt in a large saucepan and pour in grits when it comes to a boil. Add 1 Tbsp. butter to prevent boiling over. Cook until thick.

Pour into large bowl and add rest of ingredients, reserving enough cheese to cover top. (Grits may be made ahead of time, and put through masher when cold.)

Mix well, place in baking dish, sprinkle with cheese and paprika.

Bake one hour at 350°.

Mrs. Fran Hopper
Boise, Idaho



MORRELL AND CALVE-BRAIN WILD MUSHROOMS

These are found in Idaho forests around cleared areas, near old logs, along abandoned logging roads or any area consisting of a lot of forest duff. Also they are found in moist areas along streams, near snow banks, and are easy to identify.

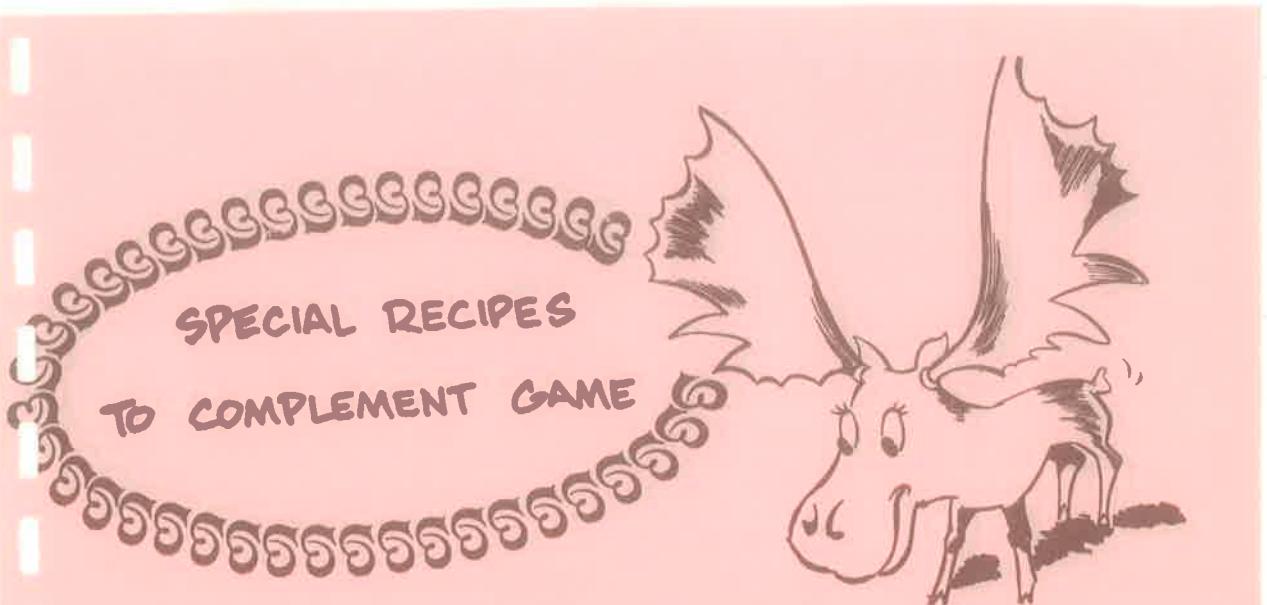
One is shaped like a brain, is medium brown outside with a white underside and stem. It has no gills or pores.

The Morrell looks like a sponge, is shaped like an inverted pear, light beige to medium-light brown in color. It stands on a solitary stem that is the same color.

These mushrooms will keep for months by freezing. They are best sliced and frozen in a sack of water.

To prepare, split lengthwise, and wash in plain water. Slice crosswise. Dip in whipped egg, salt and pepper and fry in butter. They may be rolled in cracker crumbs after being dipped, then fried.

Mr. Dennie Young
Boise, Idaho



SPECIAL RECIPES

TO COMPLEMENT GAME

ESCALLOPED POTATOES

$\frac{1}{4}$ lb. Simplot dehydrated Super Spudnicks	1 lb. onions, thinly sliced
$\frac{1}{4}$ lb. Gruyere cheese	$\frac{1}{4}$ C. fine bread-crumbs
4 Tbsp. butter	$\frac{1}{4}$ C. grated parmesan cheese
$\frac{1}{2}$ C. dry white wine	
Salt, pepper, French mustard	

Cover Super Spudnicks with cold water, bring to a boil and simmer 10 minutes to rehydrate.

Place a layer of potatoes in bottom of buttered baking dish. Sprinkle with salt and pepper, then top with thin slices of Gruyere cheese and very lightly smear some French mustard over the cheese slices. On top of cheese, put a layer of thin onion slices. Repeat until dish is full.

Press down well into casserole and add $\frac{1}{2}$ C. dry white wine. Sprinkle top with bread-crumbs, then grated Parmesan cheese. Dot with butter and cover with a well-buttered piece of wax paper.

Place in a 350° oven for 30-35 minutes. After the potatoes have been baking about 20 minutes, remove the paper and let top brown. Serve very hot.

Mrs. Janie Newman
Caldwell, Idaho



SPECIAL RECIPES

TO COMPLEMENT GAME

CURRIED RICE

Wash and drain $\frac{1}{2}$ C. rice ($\frac{1}{4}$ C. wild rice, and $\frac{1}{4}$ C. white or brown). Pour over it 2 C. hot water. Place the rice where it will remain hot but not cook, for 45 minutes.

Add:

$\frac{1}{2}$ C. tomatoes*
 $\frac{3}{4}$ tsp. salt*
 $\frac{1}{4}$ C. finely sliced onion
 $\frac{1}{4}$ C. sliced green pepper
2 Tbsp. butter
 $\frac{3}{4}$ tsp. curry powder (the minimum amount, increase to suit your taste.)

Place these ingredients in a baking dish in a moderate oven (350°) for $1\frac{1}{2}$ hours. or until done. Stir from time to time. At first there will be a great deal of liquid, but gradually the rice will absorb it.

Remove the dish from the oven while the rice is still moist.

*Substitute 2 tsp. chicken bouillon powder for these two items for a different taste.

Mrs. Frances Hirst
Boise, Idaho



SPECIAL RECIPES

TO COMPLEMENT GAME

PARTY RICE (makes 2 large casseroles)

3 C. raw rice cooked
2 garlic buds, crushed
1 large jar sliced stuffed olives and juice
1 Tbsp. Worcestershire sauce
1 tsp. celery salt
1 Tbsp. coarse ground pepper
3 white onions, grated
1½ lbs. sharp cheese, grated
3 eggs
3 C. milk
3 tsp. salt

Cook and drain rice; add garlic, olives, onions, cheese and seasonings and mix together.

Beat eggs, add milk, and mix all together and pour into two buttered baking dishes.

Bake in a gas oven at 450° for 15 minutes, then 350° for one hour.

Mrs. Harry Burningham
Boise, Idaho



SPECIAL RECIPES
TO COMPLEMENT GAME

WILD RICE

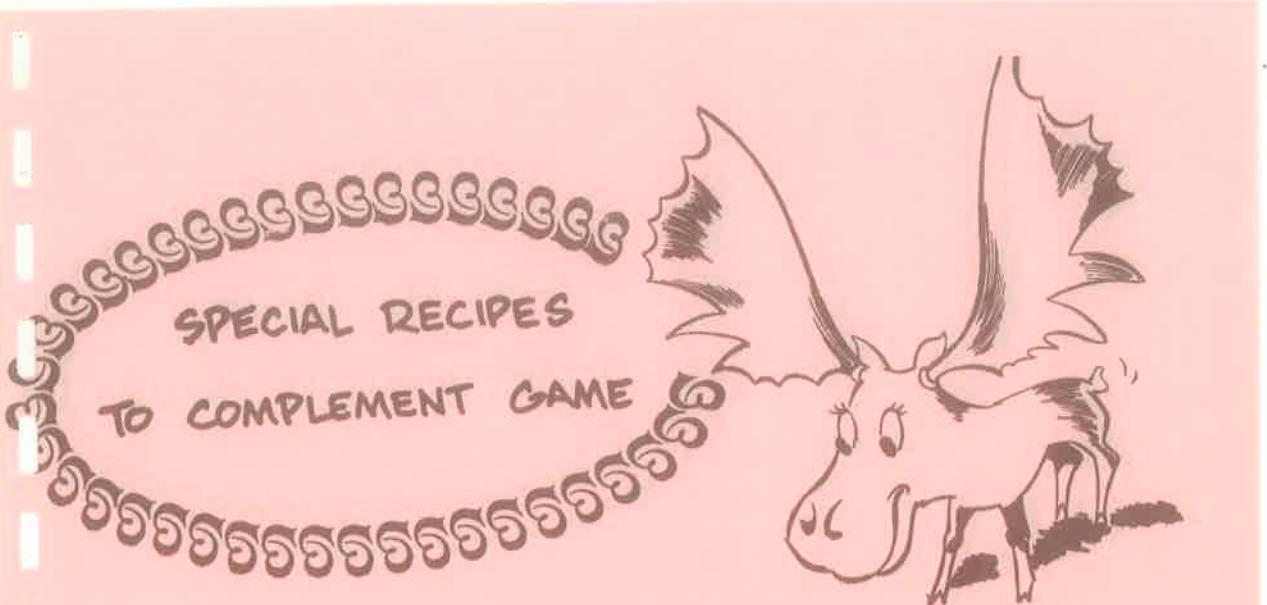
1 C. wild rice, dry
2 large onions, chopped
2 cans mushroom soup
1 Tbsp. Beau Monde seasoning
Salt and pepper to taste
 $\frac{1}{2}$ lb. bacon, cut in pieces (fry and drain)
1 stalk celery, chopped
3 Tbsp. butter
1 qt. milk

Prepare rice the evening before by letting water run through it in a strainer until water is clear. Place rice in large container and cover with water. Two hours before preparation, strain and wash again.

Saute onions and celery in butter. Add crisp bacon, then mix all ingredients together in buttered casserole. Add the rice last, stir carefully with a fork. Dot with butter, cover tightly with foil.

Bake in a 300° gas oven for two hours. Add more milk if necessary. Serves 12.

Mrs. Berneeta Forstner
Boise, Idaho



SPECIAL RECIPES

TO COMPLEMENT GAME

WILD RICE-SAUSAGE CASSEROLE

1 lb. link sausage (brown, drain, and break into several pieces)
1 lb. sliced fresh or canned mushrooms
 $\frac{1}{4}$ C. chopped onion
2 C. wild rice
1 can cream of chicken soup
 $\frac{1}{2}$ C. coffee cream
Accent
Pinch; oregano, thyme and marjoram
 $\frac{1}{2}$ tsp. salt
1/8 tsp. coarse ground pepper
Dash Tobasco sauce

Brown mushrooms in butter, add and brown onion. Add sausage.

Meanwhile wash wild rice several times. Cook in enough salted water to cover, 12-18 minutes, or until fluffy. Drain, but do not stir. Mix soup, cream and other seasonings.

Combine all ingredients, mix well and put into greased casserole. Bake for 30 minutes at 350° in gas oven.

Mrs. Richard Cornell
Boise, Idaho



SPECIAL RECIPES
TO COMPLEMENT GAME

GERMAN STYLE KRAUT

$\frac{1}{2}$ pkg. Simplot Tri-Taters
1 No. 303 can sauerkraut
 $1\frac{1}{2}$ tsp. caraway seed
1 C. boiling water

Add Simplot Tri-Taters, sauerkraut and caraway seed to 1 C. boiling water. Boil rapidly until most of water has evaporated, and Tri-Taters have thawed. Stir thoroughly to break-up Tri-Taters and mix into sauerkraut. Pour mixture into buttered casserole and bake for 30 minutes at 325°.

Miss Charlotte Sandifer
Caldwell, Idaho

SPECIAL RECIPES
TO COMPLEMENT GAME



HOMEMADE SAUERKRAUT

Required are:

An earthen crock
A kraut cutter, if available
A wooden masher or hammer
 $8\frac{1}{2}$ lbs. cabbage per gallon
4 Tbsp. salt per gallon
1 Tbsp. sugar

Very solid, late cabbage makes the best kraut.

Shread cabbage into crock, mashing thoroughly and often, also adding salt and pinch of sugar as cabbage builds up in crock.

About three gallons is minimum practical batch as it requires this much to generate enough liquid to cover cabbage.

When cutting is completed, press cabbage down and hold with dinner plate and rock.

Let set for 5-6 days, skimming off foam once a day. Cold pack in fruit jars.

Mr. Ray Meyer
Boise, Idaho



SPECIAL RECIPES

TO COMPLEMENT GAME

ZUCCHINI WITH DILL

6 zucchini squash ($\frac{1}{2}$ lbs. each)
 $\frac{1}{4}$ C. butter
1 Tbsp. chopped dill
1 tsp. dill seed
Salt & pepper
1 C. sour cream
1 Tbsp. lemon juice
1 tsp. sugar
1 tsp. paprika

Scrub squash and cut into $\frac{1}{4}$ inch slices.

Melt butter in frying pan, saute slices, covered, over high heat with dill, dill seed, salt and pepper for about 5 minutes or until squash is tender and transparent. Add 1 C. sour cream beaten with lemon juice, sugar, paprika, and salt to taste.

Heat the sauce but do not let it boil. Serve with a sprinkling of dill and paprika.

Mrs. Paul Vernon
Boise, Idaho

SPECIAL RECIPES
TO COMPLEMENT GAME



LEMON ICE CREAM PIE
(easy and quick)

1 pt. vanilla ice cream
1 can condensed lemonade mix
Graham cracker crumbs
(quantities may be doubled for larger pie)

Combine ice cream and lemonade in a mixer.
Freeze slightly.

Pour ice cream and lemonade mix into pyrex
dish which has been covered with cracker
crumbs. Sprinkle crumbs on top.

Freeze in freezing unit, for at least 12
hours. Cover while freezing with foil.

Miss Marilyn Williams
Boise, Idaho



SPECIAL RECIPES

TO COMPLEMENT GAME

MINT DESSERT

$\frac{1}{2}$ lb. marshmallows
 $\frac{1}{3}$ C. creme de mint
 $\frac{1}{2}$ pt. whipping cream (whip)
 $\frac{1}{2}$ C. milk or cream
 $\frac{1}{2}$ pkg. chocolate wafers

Melt marshmallows and milk in double-boiler, cool until cold, add creme de mint and whipped cream.

Roll wafers. Line 8x8-inch pan with foil. Put layer of wafers on bottom, and reserve some for top. Pour in mixture and sprinkle with remainder of crumbs.

Freeze. (Since this dessert is frozen, it can be made at any time.)

Mrs. Rosie Busselle
Boise, Idaho

MINNIE THE MOOSE'S COOKING SECRET

When questioned, Minnie suggested that Idaho game have the most special cooking treatment, achieved only on a gas range.

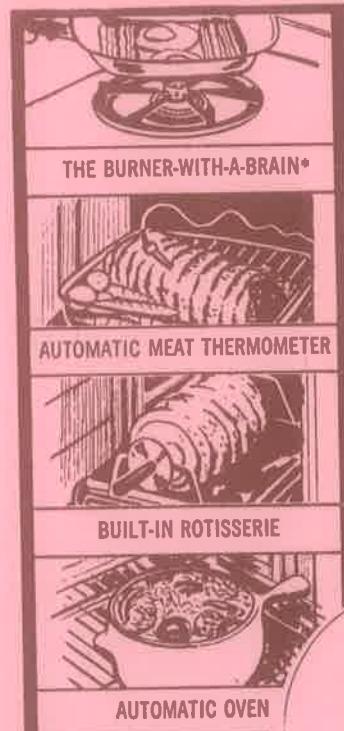
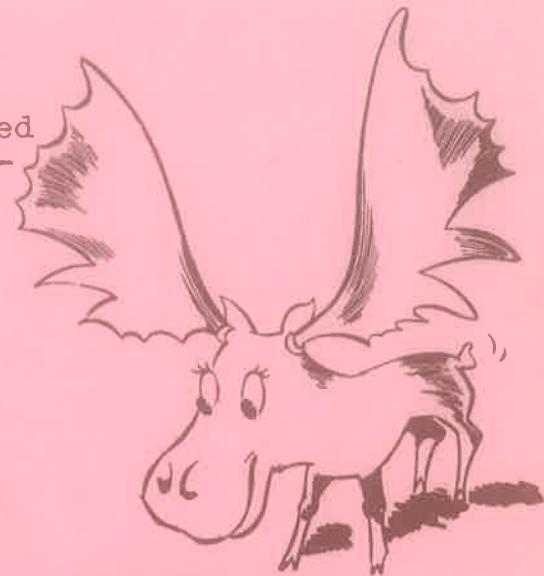
Instant heat from the top-surface of a modern, beautifully styled gas range cooks food perfectly. Controlled cooking is achieved by the range of temperatures offered: from the high flame used in frying crisp trout, to the low-simmer for the almond butter sauce to serve with it.

The Burner-with-a-brain allows the chef to dial the desired heat as well as the size of flame desired to fit thin pans or small pans.

Baking and roasting are superior in a gas oven because the roast stays moist. Its truly delicious flavor can be kept 4-6 hours after cooking in the low-temperature oven. Many ovens can be set to bake or roast, then automatically reduce the heat to the keepwarm setting.

Broiling!...you've never tasted elk or venison steak as good as one broiled with gas. Minnie added that there will be no smoke whatsoever.

Gas offers clean, cool cooking.. at its best. Take Minnie's suggestion.



ranges cook faster, cleaner, cooler—cost less, too!

